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Government  
Publication



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Addiction  
Research  
Foundation

Fondation  
de la recherche  
sur la toxicomanie

1990-91



C A T A L O G U E

BOOKS

VIDEOS

AUDIOTAPES

PAMPHLETS

SOFTWARE

NOVELTIES



**Addiction  
Research  
Foundation** **Fondation  
de la recherche  
sur la toxicomanie**

The Alcoholism and Drug Addiction Research Foundation, an agency of the government of Ontario, was founded in 1949. The Foundation operates specialized research, educational, clinical, and community service development programs throughout the province. In addition, the Addiction Research Foundation has been designated a collaborating centre for research and training on drug dependence by the World Health Organization.

### **This Catalogue**

The Addiction Research Foundation produces books, pamphlets, videos, computer software, and other materials on alcohol and other drugs. These materials will be of interest to educators, librarians, addiction treatment professionals and other medical personnel, policymakers, and members of the general public. For additional copies of this catalogue contact:

Addiction Research Foundation  
Marketing  
33 Russell Street  
Toronto, Ontario  
Canada M5S 2S1  
or call collect (416) 595-6059

### **Materials in French**

In keeping with the Ontario government's mandate to provide French language services, the Addiction Research Foundation does produce materials in that language.

A list of our French-language products appears on page 37. For a complete description of these items, write to us for our French-language catalogue.

La Fondation de la recherche sur l'alcoolisme et la toxicomanie, un organisme du gouvernement de l'Ontario, fut fondée en 1949. Les activités de la Fondation comprennent l'application d'un certain nombre de programmes dans le domaine de la recherche spécialisée, de l'éducation, des services cliniques et des services communautaires dans toute la province. Par ailleurs, l'Organisation mondiale de la santé a choisi la Fondation de la recherche sur la toxicomanie comme Centre de collaboration pour la formation et la recherche en toxicomanie.

### **Ce catalogue**

La Fondation de la recherche sur la toxicomanie publie des ouvrages et brochures, réalise des vidéos, élabore des programmes pour ordinateur et autre matériel d'information sur l'alcool et les autres drogues. Ce matériel intéresse particulièrement les éducateurs, bibliothécaires, spécialistes du traitement des toxicomanes et autre personnel médical, décideurs et le public en général. Pour obtenir des exemplaires supplémentaires de ce catalogue, s'adresser à :

Fondation de la recherche sur la toxicomanie  
Service de marketing  
33, rue Russell  
Toronto (Ontario)  
Canada M5S 2S1  
ou appeler à frais virés (416) 595-6059

### **Documentation en français**

Conformément au mandat du gouvernement de l'Ontario en matière de services en français, la Fondation de la recherche sur la toxicomanie produit de la documentation dans cette langue.

Une liste des documents en français se trouve à la page 37. Si vous désirez recevoir un catalogue décrivant les produits en détail, veuillez écrire à l'adresse ci-dessus.



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**ADDICTION  
RESEARCH  
FOUNDATION  
PRODUCT  
CATALOGUE  
1990-91**

**CONTENTS**

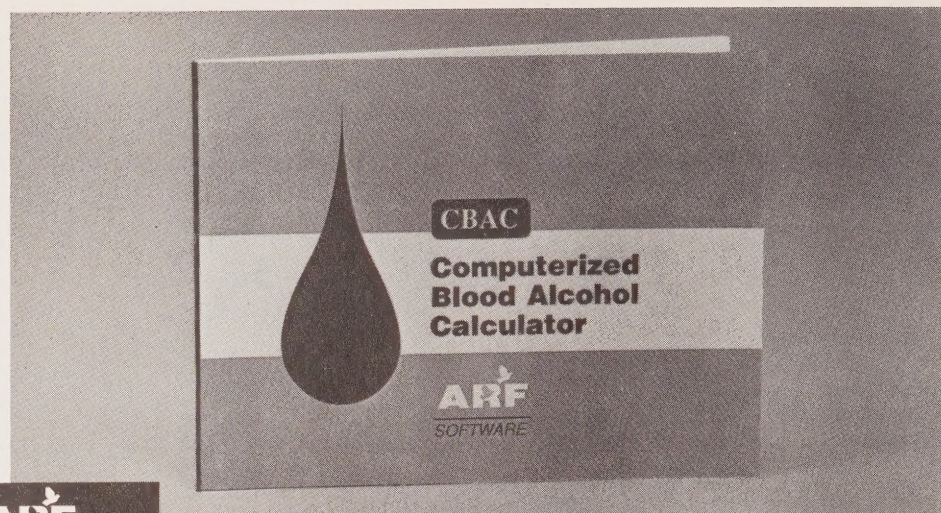
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## NEW MATERIALS



### COMPUTERIZED BLOOD ALCOHOL CALCULATOR

by Bhushan Kapur

*available November, 1990*

Drinking and driving is always a dangerous thing to do. The law states that it is an offense to drive with a Blood Alcohol Level (BAL) of more than 8 mg of alcohol per 100 ml of blood. But how many drinks does that mean?

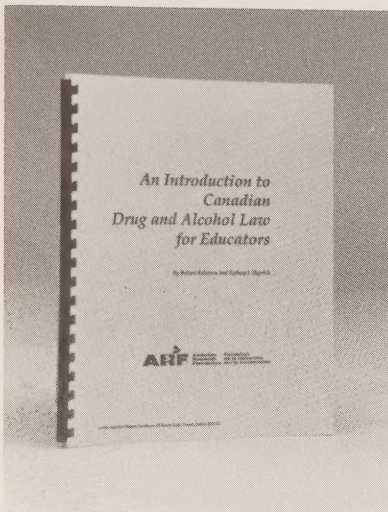
This software package shows the variables such as weight, height, age, and sex which affect a person's blood alcohol level, and calculates:

- the pace you can drink at to avoid exceeding the legal limit;
- your BAL after consuming a variety of drinks such as wine, beer, or liquor at a social function;
- how many drinks, in a given time period, will put you over the legal limit;
- how females have a higher BAL than males after the same number of drinks.

Remember, impairment can happen after any amount of alcohol is consumed. It is safest never to drive after drinking. CBAC illustrates how easy it is to go over the legal limit. It is designed to be used by high schools, driving schools, the police and concerned members of the public.

PD008 (unlimited uses)      \$95.00





## **AN INTRODUCTION TO CANADIAN DRUG AND ALCOHOL LAW FOR EDUCATORS**

**by Robert Solomon and  
Sydney J. Usprich**

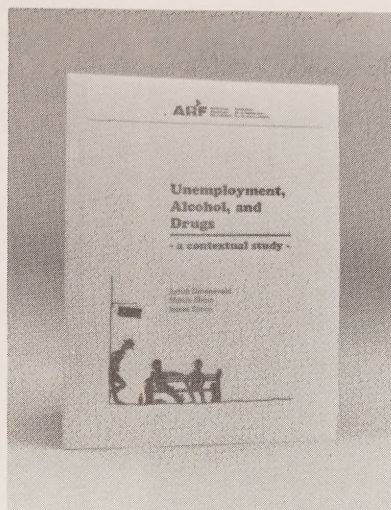
*published 1990*

The school system has a vital role to play in encouraging young people to make responsible decisions. Many school boards are developing their own policies about alcohol and drug use among their students. It is important for educators to understand the law that underpins such policies. Educators should know that:

- it is illegal for anyone under 16 to possess tobacco products.
- it is unlawful to return confiscated alcohol to a student under 19.
- a student who sells a substance that he or she says is cocaine, heroin or marijuana, etc., can be charged with trafficking in those drugs, even if the substance sold is not a drug.

Written in clear, jargon-free language, this book provides educators with a basic knowledge of federal and provincial laws most relevant to the school systems and their rights and legal obligations.

PG050 (26 pp.) \$8.25



## **UNEMPLOYMENT, ALCOHOL, AND DRUGS A Contextual Study**

**by Judith Groeneveld, Martin Shain,  
and James Simon**

*published 1990*

*ISBN 0-88868-188-7*

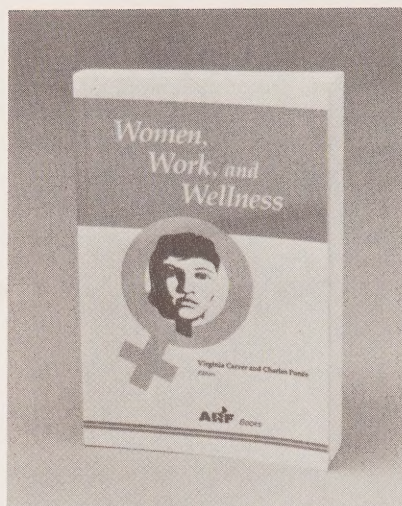
Unemployment affects the amount people drink or abuse drugs. This report is an account of the effect of unemployment on certain families in the Peel Region of Southern Ontario during the last recession. It examines two conceptual approaches: the "availability perspective" and the "integrative perspective". One suggests that alcohol, as a non-essential purchase, will be consumed less as less money is available. The other says that the stress of unemployment will cause alcohol to be used as a coping mechanism, and thus increase consumption.

The authors focus on the role of unemployment as a catalyst for alcohol and drug problems, and, in a broader context, how it undermines basic living conditions and erodes the spirit and the dignity of those it affects.

PWP28 (152 pp.) \$16.50



## RECENT RELEASES



### WOMEN, WORK, AND WELLNESS

edited by Virginia Carver and  
Charles Ponée

*published 1989*

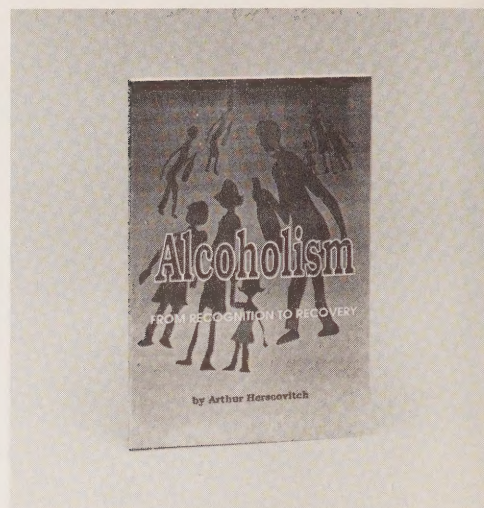
ISBN 0-88868-186-0

Although women comprise 50% of the workforce, workplace employee assistance programs (EAPs) rarely meet their needs. These programs are designed and initiated by senior managers, labor officials, and employee assistance programmers who are predominantly male. Women with problems that are affecting their work performance require programs that respond to their particular needs.

This collection of papers examines a wide range of women's health and workplace issues in our changing social structure.

The 23 active professionals who have contributed to this volume come from many disciplines in both the public and private sector, including social work, addictions, labor, and health. Together they present a wide spectrum of health-related issues of relevance to today's working woman.

PB003 (310 pp.) \$24.95



### ALCOHOLISM: FROM RECOGNITION TO RECOVERY

by Arthur Herscovitch

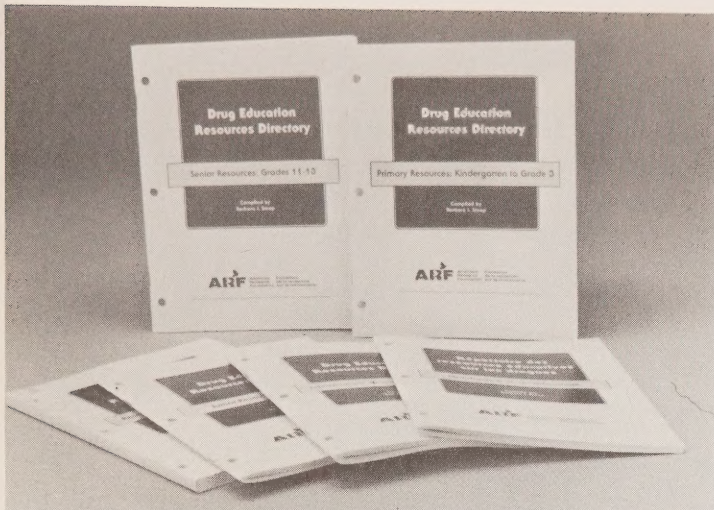
*published 1989*

ISBN 0-88868-183-6

This is *the* book for anyone concerned about her or his alcohol use or that of a loved one. Although most people who drink are not alcoholics, some are but may not realize it. *Alcoholism: From Recognition to Recovery* is written for those people and their families. The language is clear and down-to-earth, designed to dispel the myths and misconceptions about alcohol and alcoholism. Using case histories, the author illustrates the range of problems and the difficulties that the alcohol abuser and his or her family may encounter. The warning signs of an alcohol problem are shown, and various treatment options are discussed.

PB004 (90 pp.) \$12.95





### DRUG EDUCATION RESOURCES DIRECTORY

compiled by Barbara J. Steep

*published 1989*

ISSN 0834-6223

Many educators feel that although alcohol and drug education is vitally important to society, the necessary classroom resources are difficult to find. The Addiction Research Foundation has developed this directory to help educators locate and choose from the wide range of materials about alcohol and other drugs (including tobacco) available to them. The listings are organized in six volumes for easy reference. A must for every school board and school library.

PG043 Primary (K to Grade 3, 47 pp.)

ISBN 0-88868-172-0 \$11.95 (+pst)

PG044 Junior (Grades 4-6, 70 pp.)

ISBN 0-88868-173-9 \$12.95 (+pst)

PG045 Intermediate (Grades 7-10, 110 pp.)

ISBN 0-88868-174-7 \$14.50 (+pst)

PG046 Senior (Grade 11 and up, 82 pp.)

ISBN 0-88868-175-5 \$13.50 (+pst)

PG047 Films and Videotapes (110 pp.)

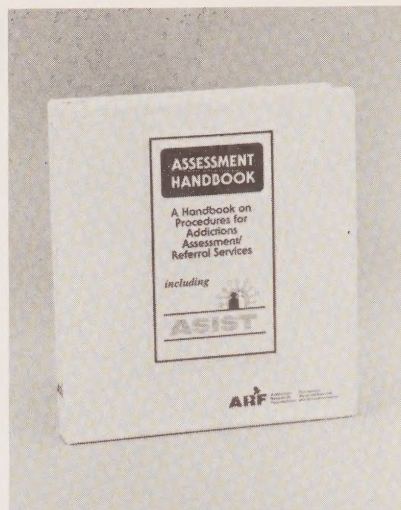
ISBN 0-88868-176-3 \$15.75 (+pst)

PG048 Set of the above five volumes  
(does not include resources in French)

ISBN 0-88868-171-2 \$45.00 (+pst)

PG049 Ressources en français (60 pp.)

ISBN 0-88868-177-1 \$15.95 (+pst)



**ASSESSMENT HANDBOOK**  
**A Handbook on Procedures for**  
**Addictions Assessment/Referral**  
**Services including ASIST**

*published 1990*  
*ISBN 0-88868-184-4*

The establishment of specialized assessment/referral centres reflects important developments in society's approach to the treatment of substance abuse. Treatment services should be created with the input of the communities which will utilize them. This can mean mobilizing resources which are already in place. In addition, the assessment/referral worker requires a solid and reliable assessment tool to ensure that clients receive consistent, qualified care.

This handbook, together with the recommended assessment questionnaires, will enable the worker to provide quality service to both the client and the community.

Contents include:

- Intake policies and procedures
- Assessment/referral procedures and policies
- Principles and guidelines for treatment planning
- Case management procedures
- Clinical procedures and policies

PZ071 Handbook (200 pp.) \$35.00

PZ072 ASIST Questionnaire (30 pp.)  
\$2.65 (+pst)

*The ASIST Questionnaire is also  
available in French as Entrevue  
structurée d'évaluation de la  
toxicomanie.*





## INVENTORY OF DRINKING SITUATIONS

by Helen M. Annis, J. Martin  
Graham, and Christine S. Davis

*published 1987*

ISBN 0-88868-158-5 (*User's Guide*)

The Inventory of Drinking Situations (IDS) is a software treatment planning tool to help your client avoid high-risk relapse situations. The computer-generated, 100-item questionnaire assesses eight situations in which your client drank over the past year. The classification of categories, based on the work of Marlatt and colleagues, includes:

- pleasant/unpleasant emotions,
- physical discomfort,
- testing personal control,
- urges and temptations, etc.

A 42-question short form is available for *research* purposes. Please note that the 100-question version should be used for clinical applications.

A 50-page User's Guide, included in the software package, presents reliability and validity information as well as normative data.

IDS is also available in a print format.

### *Software (including User's Guide):*

PD003 (50 uses)	\$140.00
PD004 (200 uses)	\$450.00

### *Print Format:*

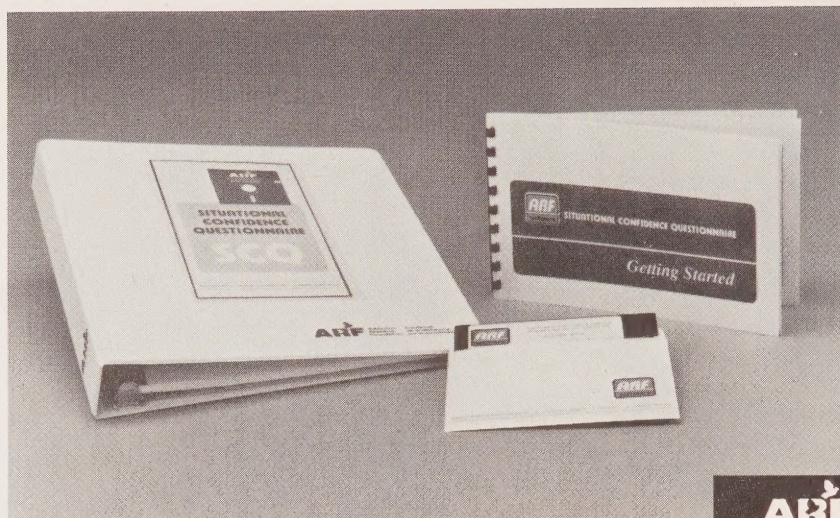
PG035 User's Guide (50 pp.)	\$13.50
P144 IDS-100 Questionnaires (pkg. of 25)	\$14.75(+ pst)
P1441 IDS-42 Questionnaires (pkg. of 25)	\$12.75(+ pst)
PG036 Specimen set: 1 Guide + 25 IDS-100 Questionnaires	\$25.00

*IDS-42 and IDS-100 questionnaires are available in French as Liste des occasions de consommation d'alcool (LOCA).*

*The User's Guide and software version are available in English only.*



## RECENT RELEASES



### SITUATIONAL CONFIDENCE QUESTIONNAIRE

by Helen M. Annis and J. Martin  
Graham

*published 1988*

ISBN 0-88868-164-X (User's Guide)

The Situational Confidence Questionnaire (SCQ) is a computer-generated and scored self-report questionnaire designed to help clients identify high-risk relapse situations. These situations, as assessed by the SCQ, fall into two major categories: (1) Personal States, in which drinking involves response to an event; and (2) Situations Involving Other People, in which the significant influence of another person is involved.

The SCQ software package was developed as a tool for therapists to monitor the development of a client's self-efficacy in relation to specific drinking situations over

the course of treatment.

SCQ is also available in a print format.

#### *Software (including User's Guide):*

PD006	(50 uses)	\$70.00
PD007	(200 uses)	\$225.00

#### *Print Format:*

PG039	User's Guide (45 pp.)	\$13.50
P153	Package of 25 Questionnaires	\$14.75 (+ pst)
PG040	Specimen Set: 1 Guide + 25 Questionnaires	\$25.00





## **ALCOHOL AND DRUG POLICIES: A GUIDE FOR SCHOOL BOARDS**

## **THE LEGAL RIGHTS, POWERS AND OBLIGATIONS OF EDUCATORS REGARDING STUDENT ALCOHOL AND DRUG USE**

*published 1988*

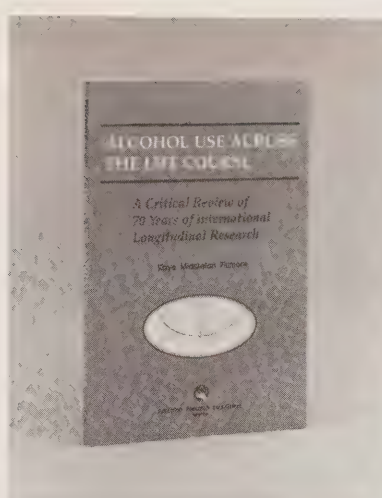
School boards are forced to respond to legal constraints and obligations when it comes to dealing with student alcohol and other drug use on school property. This has raised questions about students' legal rights, authority to search students and their lockers, police involvement, etc.

All these issues and many more are addressed in this policy blueprint which will be particularly useful to school boards seeking to expand or initiate strategies to deal with disruption caused by student alcohol and other drug use.

PG037 Guide (34 pp.) \$8.25  
PG038 Legal Rights (25 pp.) \$8.25

*Also available in French as* Politiques en matière d'alcool et drogues: Guide à l'intention des conseils scolaires *and* Droits, pouvoirs et obligations légales des éducateurs concernant l'emploi d'alcool et de drogues par les élèves.

See p. 3 for *An Introduction to Canadian Drug and Alcohol Law for Educators*, a new publication in this series.



## **ALCOHOL USE ACROSS THE LIFE COURSE**

## **A Critical Review of 70 Years of International Longitudinal Research**

**by Kaye M. Fillmore**

*published 1988*

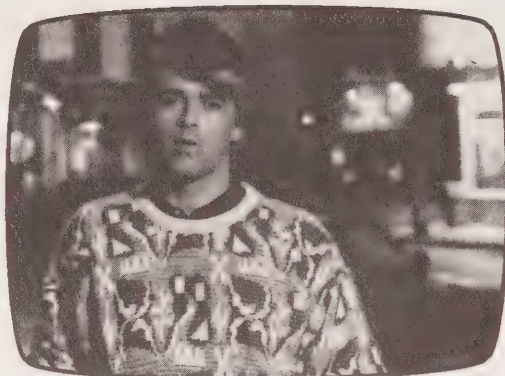
*ISBN 0-88868-163-1*

This study, commissioned by the World Health Organization, is a truly comprehensive critical appraisal of the world literature on longitudinal studies of drinking patterns and alcohol-related problems. By looking simultaneously across the life course of individuals and across the cultures in which those individuals are living, Dr. Fillmore has been able to highlight social, psychological, and biological factors that could be critical in planning prevention and treatment responses to these problems. Her rigorous attention to detail and her imaginative reconceptualization of the parameters of what longitudinal studies can reveal has resulted in a work of considerable international importance from a public health perspective.

PB001 (130 pp.) \$23.50



## RECENT RELEASES



### DRUGS & YOU

*produced 1990  
60 min/color*

ARF scientist Dr. Harold Kalant and distinguished pharmacologist Dr. Kevin Fehr discuss the role of drugs in today's society. Dr. Kalant explains what a drug is, and our options for controlling abuse within a free society. Dr. Fehr describes the different drug classifications: stimulants, depressants, etc. and looks at the effects of popular drugs like marijuana and cocaine.

This video program, with its clearly presented information, is an excellent resource for educators, and social work professionals new to the addictions field.

PV177 VHS	\$150.00 (+pst)
PV178 Beta	\$150.00 (+pst)
PV176 3/4 in.	\$150.00 (+pst)

### DRUGS & YOU (Highlights)

*27 min/color*

PV192 VHS	\$95.00 (+pst)
PV193 Beta	\$95.00 (+pst)
PV191 3/4 in.	\$95.00 (+pst)

*Also available in French as Les drogues et vous.*



### MOTIVATION AND CHANGE

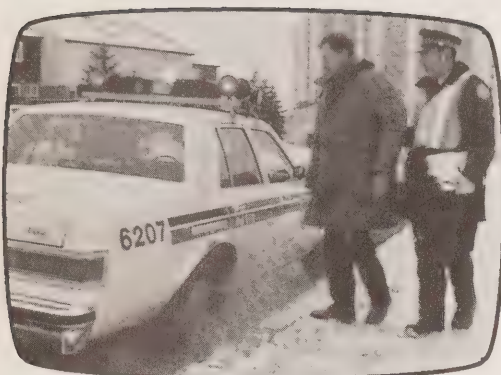
*produced 1990  
120 min/color (in four segments)*

The main challenge facing addictions professionals is helping their clients recognize their problem and working with them to change their behavior. This is the key to successful treatment of an alcohol and drug problem.

This video uses case histories to illustrate the theory and practice of client motivation, the process of change, and how to deal with resistance, and demonstrates the therapeutic process. The clients present a variety of non-addiction related problems, and the therapist demonstrates the process of uncovering the issues underlying the problem and motivating the client to change the harmful behavior.

PV186 VHS	\$350.00 (+pst)
PV187 Beta	\$350.00 (+pst)
PV185 3/4 in.	\$350.00 (+pst)





## **DRINKING, DRIVING, AND THE LAW**

*produced 1989*

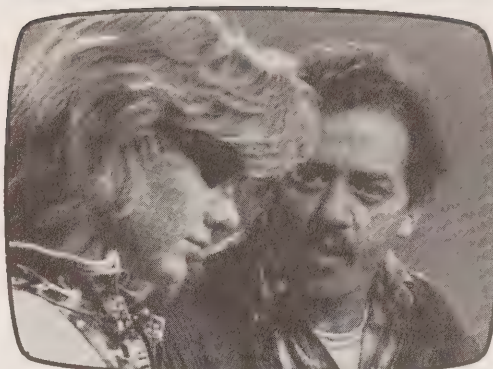
*27 min/color*

Drinking and driving is the leading cause of accidental death in Canada. Recent surveys show that 25% to 30% of drivers injured in motor vehicle accidents were impaired and almost half of all traffic fatalities involved alcohol. Despite these figures, many people do not even know the legal blood alcohol limit or understand the long-term implications of drinking and driving.

This video gives viewers an inside look at one man's experience. It begins with the police spot check and a roadside screening through arrest, booking procedure, and the administration of a breath test. The penalties and sentencing both for first time and repeat offenders are outlined.

*Drinking, Driving, and the Law* is intended for anyone with a concern about the legislation and how it affects us. The procedures outlined are applicable in Ontario. In other jurisdictions, some of the procedures may vary.

PV183 VHS      \$150.00 (+ pst)  
PV184 Beta      \$150.00 (+ pst)  
PV182 3/4 in.   \$150.00 (+ pst)



## **GROUP THERAPY Stages of Group Growth**

*produced 1988*

*Part 1: 48 min/color*

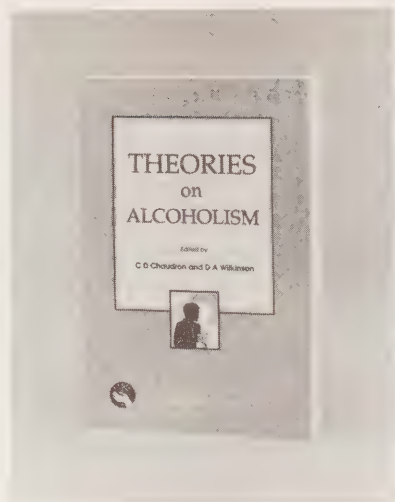
*Part 2: 32 min/color*

Primarily intended to be a demonstration tool for counsellors in training, this video program will also be of value to students and health professionals who want to use group therapy as a treatment option for drug or alcohol dependent clients. The principles discussed can also be applied to many group settings, such as task-oriented or growth-oriented groups.

The program follows a group of drug and alcohol dependent people through four months of group counselling. We discover their pains, conflicts, disappointments, and growth as individuals and as a group. The facilitator's commentary illustrates significant aspects of growth within the group and the tactics employed to achieve them.

PV174 VHS      \$350.00 (+ pst)  
PV175 Beta      \$350.00 (+ pst)  
PV173 3/4 in.   \$350.00 (+ pst)

## POPULAR ITEMS



### THEORIES ON ALCOHOLISM

edited by  
**C. Douglas Chaudron and  
D. Adrian Wilkinson**

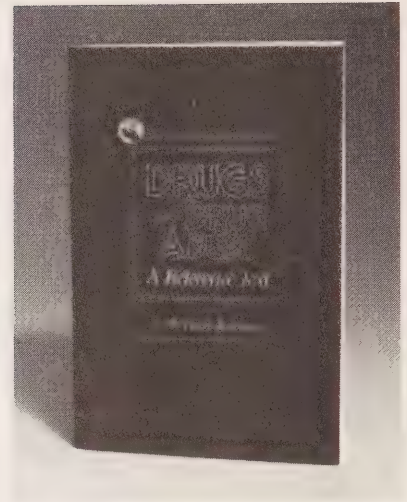
*published 1988*

*ISBN 0-88868-162-3*

This is the first book in which the contributors, all specialists in alcohol-related fields, followed specific guidelines on organization and style so the discussion of the different theoretical positions can be compared by the reader within a consistent framework. The book is divided into 11 chapters organized into three sections: biological theories (including genetic, neurobiological, and neurobehavioral), psychological theories (psychoanalytic, personality, classical conditioning, and social learning), and social theories (systems, availability, anthropological, and economic).

PB002 (500 pp.)

\$49.50



### DRUGS AND DRUG ABUSE A Reference Text

(SECOND EDITION)

revised by **Michael R. Jacobs and  
Kevin O. Fehr**

*published 1987*

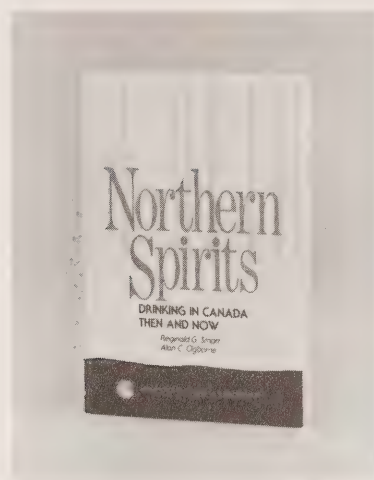
*ISBN 0-88868-139-9*

ARF's all-time bestseller. This is the most complete compendium of licit and illicit drugs and their effects. Written in clear, concise language and free of jargon, *Drugs and Drug Abuse* is designed for health, legal, and education professionals and anyone with an interest in street and prescription drugs. Information is provided on both commonly abused drugs and the lesser known and newer substances. This is the one book on drugs that should be on every reference shelf.

P553 (666 pp.)

\$29.50





**AWARD WINNER**  
**MAIER'S**  
**COCAINE ADDICTION**  
**(DER KOKAINISMUS)**

**by Hans W. Maier**  
**translated, edited, and a new**  
**introduction by Oriana J. Kalant**

*English translation published 1987*

*ISBN 0-88868-160-7*

**NORTHERN SPIRITS:**  
**DRINKING IN CANADA**  
**THEN AND NOW**

**by Reginald G. Smart and**  
**Alan G. Ogborne**

*published 1986*

*ISBN 0-88868-129-1*

Much of what has been done about alcohol-related problems in Canada reflects the puritan influence of the nation's early days. A study of this issue shows that it reflects some of the major themes of Canadian life—the conflicts between French and English Canada, the federal-provincial battles over jurisdiction, regionalism versus nationalism, and the tension between government control over personal matters (such as drinking) and individual freedom of choice. *Northern Spirits* describes the history of alcohol use in Canada and its consequences from the days of the early settlers through prohibition and up to the present day, examining the various prevention and control measures that have been attempted along the way.

P561 (191 pp., illustrated)    \$16.50

In the late 1970s cocaine use in North America began attracting the attention of the media and health officials, and serious adverse effects were being reported; it was assumed that very little was known about this "new" drug. Although sound and detailed clinical observations of heavy cocaine use had been published many decades earlier in German, French, and Italian, they have never been available in English. Maier's monograph, although published in 1926, has been called "still the best book to consult with regard to the history and development of cocaine dependence" and will be of immediate value to researchers and clinicians who are working with this problem.

In March, 1989, this book was awarded the inaugural book prize of the *British Journal of Addiction*.

P562 (320 pp., illustrated)    \$25.00



## POPULAR ITEMS



### APPLAUSE

#### A Presenter's Guide to Parent Education about Alcohol and Other Drugs

by Andrea Stevens Lavigne,  
Marg Simmons, and Barbara Steep  
*published 1984 (revised 1988)*

APPLAUSE (Appropriate Presentations for Parents for Learning About Alcohol and Other Drugs Using Segmentation Effects) is a manual for anyone involved in parent education in the alcohol/drug field. The material will increase parents' awareness of and interest in strategies for preventing, identifying, and coping with drug use among young people. The manual includes sample presentations and extensive background readings on drugs as well as other pertinent material for parents. Overhead graphics are included.

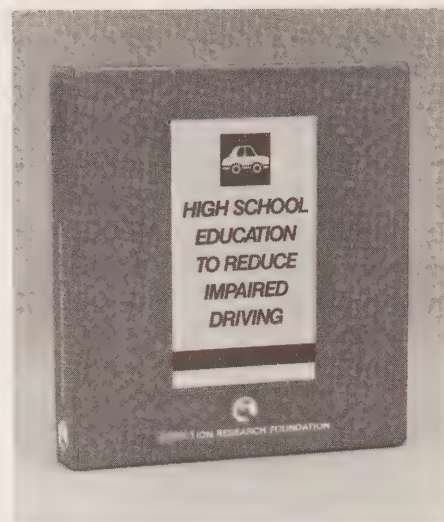
PG032 (98 pp.)      \$15.00

### APPLAUSE SLIDE SET

*produced 1988*

Full-color slides packaged to fit neatly into the APPLAUSE binder, and designed to enhance and illustrate the presenter's message.

PAS01 (53 slides)      \$120.00 (+ pst)



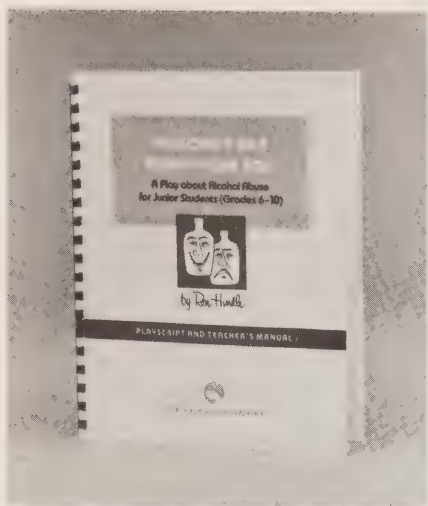
### HIGH SCHOOL EDUCATION TO REDUCE IMPAIRED DRIVING

developed by the Hamilton Centre of  
the Addiction Research Foundation  
*published 1986*

This manual contains three complete lesson plans plus a summary of the evaluation of the project. The program was developed and field-tested in cooperation with several school boards in the Hamilton region of Southern Ontario. Lessons cover an overview of the problem, effects of alcohol on driving ability, blood alcohol measurement, drinking and driving laws and penalties, cannabis and driving, and other related topics. This is an invaluable resource for both teachers and librarians.

PG031 (47 pp.)      \$15.00

*See also Computerized Blood Alcohol  
Calculator (page 2).*



## **YOU CAN'T GET AWAY FROM YOU**

**A Play about Alcohol Use for  
Junior Students (Grades 6-10)**

**by Ron Hindle**

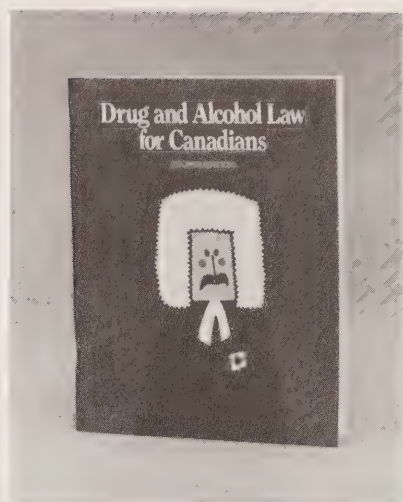
*published 1987*

*ISBN 0-88868-145-3*

This play examines the effects of alcohol on two teenagers and their families. It can be used in a variety of ways ranging from a full-scale production to an in-class reading. The volume contains a complete script and a teacher's manual. Class activity suggestions, numerous guides for discussion, and ideas for stage direction and blocking are presented.

PG033 (42 pp.)

\$8.50



## **DRUG AND ALCOHOL LAW FOR CANADIANS**

**by Robert Solomon, Tracy Hammond,  
and Sharyn Langdon**

*published 1986*

*ISBN 0-88868-113-5*

Written with a minimum of legal terminology and jargon, this handbook explains:

- federal drug laws
- police powers
- federal and provincial drinking and driving laws
- criminal procedure and the Young Offender's Act
- Charter of Rights and Freedoms.

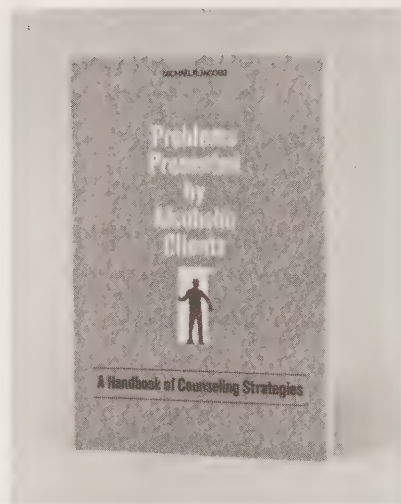
This book is a must if you want to clearly understand Canada's drug laws.

P560 (119 pp.)

\$15.00



## POPULAR ITEMS



### PROBLEMS PRESENTED BY ALCOHOLIC CLIENTS

#### A Handbook of Counseling Strategies

by Michael R. Jacobs

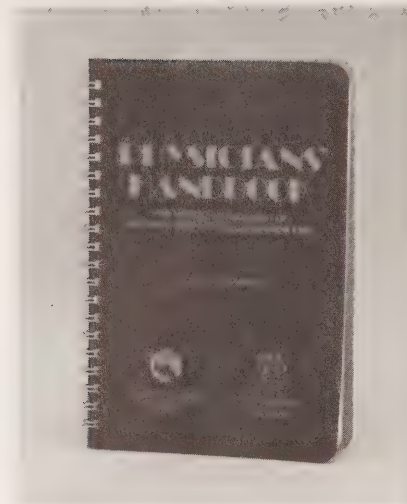
*published 1981*

ISBN 0-88868-050-3

An excellent tool for therapists, this handbook provides practical intervention strategies for dealing with the common problems that can doom therapy to failure; helps the therapist avoid becoming part of, or exacerbating the problem; and presents strategies on dealing with denial, lateness for appointments, game playing, refusal to take medication, etc.

P550 (131 pp.)

\$12.95



### PHYSICIANS' HANDBOOK FOR MEDICAL MANAGEMENT OF ALCOHOL- AND DRUG- RELATED PROBLEMS

compiled and edited by Paul Devenyi  
and Sarah J. Saunders

*published 1986*

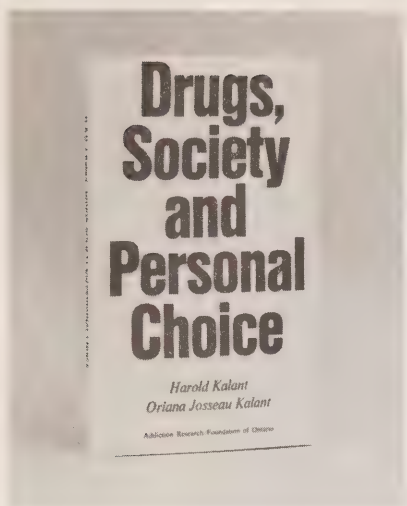
ISBN 0-88868-115-1

This practical, pocket-size manual on alcohol and other drug problems is used and recommended by the medical associations of Ontario, Alberta, and British Columbia. Sections include:

- definitions of problems and epidemiology
- recognition of problems
- intoxication and overdoses
- medical complications
- treatment of substance-abusing behavior.

PG019 (75 pp.)

\$7.95



**DRUGS, SOCIETY AND  
PERSONAL CHOICE**

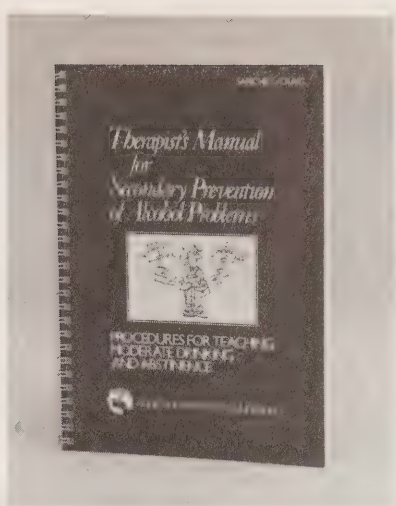
by **Harold Kalant and  
Oriana J. Kalant**

*published 1972*

*ISBN 0-7737-7001-1*

This book is designed to help people—as individuals, as family members, and as policymakers—to arrive at fully informed, balanced, and reasonable decisions about drugs. This perspective is achieved through a study of lab data, and social, personal, and ethical data. At a time when we are re-examining and evaluating our laws dealing with psychoactive drug use, this book deserves the attention of every responsible citizen.

P497 (160 pp.) \$9.95



**THERAPIST'S MANUAL FOR  
SECONDARY PREVENTION  
OF ALCOHOL PROBLEMS**

by **Martha Sanchez-Craig**

*published 1984*

*ISBN 0-88868-100-3*

This manual is for therapists who view excessive drinking as a learned behavior which can be modified. The techniques described are intended for use with early-stage problem drinkers who may be reluctant to attend traditional alcohol treatment programs, and who feel themselves competent and ready to take control of their lives. Clear criteria are described to identify clients for whom this type of treatment might be appropriate.

PG014 (95 pp.) \$20.00





## **ADDICTION COUNSELLING TRAINING MANUAL**

**by Peter E. Bohm and  
Kenneth Macdonald**

*published 1987*

*ISBN 0-88868-153-4 (Participant's Manual)*

*ISBN 0-88868-152-6 (Trainer's Manual)*

An up-to-date resource package and curriculum for addiction counselling training, this project was initiated by the National Planning Committee on Training in the Addiction Field (Health and Welfare Canada) and published by the Addiction Research Foundation. It is a result of a Canada-wide needs assessment which indicated that treatment training programs currently in place are too long, too abstract, impractical, and inflexible. The package is designed to be part of a larger training strategy, and can be easily modified or supplemented to meet trainee requirements. The learning concept is that specialized knowledge and skills are best taught by building more complex ideas upon basic skills and knowledge. The emphasis is on the more popularly used drugs such as alcohol, barbiturates, tranquillizers, and cannabis. The manual contains sections on counselling communication skills (orientation, reflective counselling skills), practical drug concepts (hazards, risk factors, case applications), initial interview methods (assessment, interview, simulation, assessment documentation), and treatment

planning strategies (functional analysis, major modalities, matching, continued care/management).

This modularized system will help give participants a clear, basic foundation of skills, attitudes, and learning tools, and can be used for training beginners in the field or for professional refresher courses.

**PZ150 Trainer's Manual (310 pp.)**  
\$65.00

**PZ153 Participant's Manual (312 pp.)**  
\$35.00

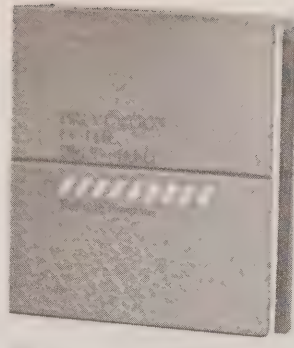
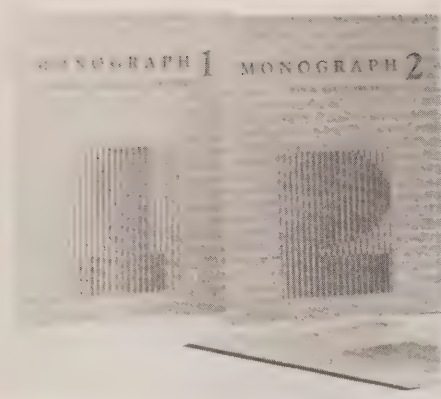
Also recommended for use with this package is the Communication Skills video (see page 20) \$200.00 (+ pst)

Special price on a specimen package (one Trainer's Manual, one Participant's Manual, and one Communication Skills video) \$250.00 (+ pst)

(Please specify the video format:  
VHS, Beta, or 3/4 inch.)

*Addiction Counselling Training Manuals  
are available in French as Guide de  
formation des conseillers en toxicomanie.*

*The Communication Skills video is available  
in English only.*



## POPULAR ITEMS

### TRAINING PROGRAM ON PREVENTION IN THE DRUG FIELD

by **Sherri R. Torjman**

*published 1986*

*ISBN 0-88868-118-6 (Instructor's Manual)*

*ISBN 0-88868-120-8 (Monograph 1)*

*ISBN 0-88868-122-4 (Monograph 2)*

*ISBN 0-88868-124-0 (Monograph 3)*

*ISBN 0-88868-126-7 (Instructor's Manual  
+ 3 Monographs)*

This package is the result of five years of research and effort by the National Planning Committee on Training in the Addictions Field. It was tested as a workshop for community prevention workers and trainers from across Canada, and input was sought from experts in the areas of prevention and curriculum design. The manual was designed primarily for trainers but would also be useful to community workers who have responsibility for prevention activities.

The package includes an Instructor's Manual, 3 Monographs (1) Essential Concepts and Strategies, (2) Change Agent Skills, and (3) Program Planning and Implementation), overhead visuals, and exercise handouts.

PZ082	Instructor's Manual (108 pp.)	\$85.00
PZ087	Monograph 1 (89 pp.)	\$10.00
PZ088	Monograph 2 (59 pp.)	\$10.00
PZ089	Monograph 3 (41 pp.)	\$10.00
PZ090	Set of 3 Monographs	\$25.00
PZ091	Instructor's Manual + 3 Monographs	\$95.00

*Also available in French as Prévention dans  
le domaine des drogues.*



## POPULAR ITEMS



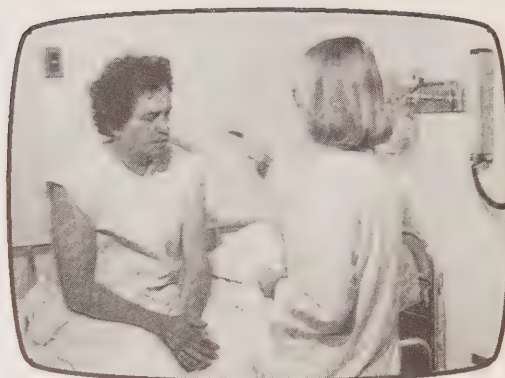
### COMMUNICATION SKILLS: A DEMONSTRATION TAPE

*produced 1984  
15 min/color*

For addiction counsellors, this interactive training tape is ideal for in-service use. This course has been designed to assist counsellors-in-training learn techniques of listening and understanding with empathy, as well as clarifying, validating, and directing the flow of communication. The package includes User's Notes and response recording forms. The videotape is divided into two parts: (1) Reflective Skills: attending, paraphrasing, reflection of feeling, summarizing; and (2) Directive Skills: probing, interpretation, confrontation.

PV069 VHS	\$200.00 (+ pst)
PV069 Beta	\$200.00 (+ pst)
PV068 3/4 in	\$200.00 (+ pst)

*See also Addiction Counselling Training Manuals (page 18).*



### ALCOHOL WITHDRAWAL SYNDROME

*produced 1985*

*Set of three 20-minute color videos*

This package can be used in detox centres, psychiatric units, emergency and outpatient departments, and by students of nursing and medicine. The three modules are:

Module 1: Introduction

Module 2: Assessment

Module 3: Treatment

This step-by-step training is an effective method of assessment and management of alcohol withdrawal.

PVK44 VHS	\$250.00 (+ pst)
PVK45 Beta	\$250.00 (+ pst)
PVK43 3/4 in.	\$250.00 (+ pst)

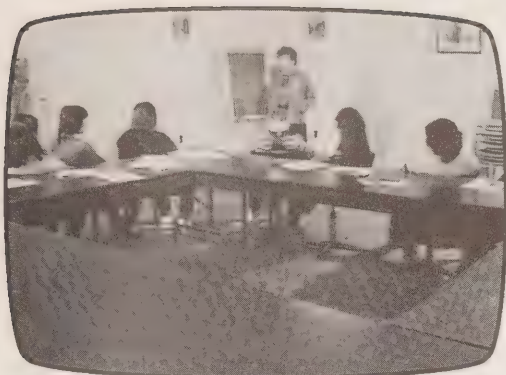
### ...AND THE DOOR WAS OPENED

*produced 1988  
40 min/color*

A video for training detox staff, as well as an information vehicle for anyone interested in the network of non-medical detoxification centres in Ontario. The full continuum of treatment services in Ontario is described, and support services such as halfway houses, self-help groups and recovery homes are also presented.

PV168 VHS	\$275.00 (+pst)
PV169 Beta	\$275.00 (+pst)
PV167 3/4in.	\$275.00 (+pst)

*Also available in French as ...et une porte s'ouvrit.*



## **FETAL ALCOHOL SYNDROME**

*produced 1985*

*13 min/color*

This program focusses on the life story of Mary Atkins, a Mohawk Indian and a recovering alcoholic, who believes that some of her children have been affected by her drinking. It also examines the pattern of birth defects associated with heavy drinking known as Fetal Alcohol Syndrome. A six-page information supplement is supplied.

PV102 VHS	\$200.00 (+ pst)
PV103 Beta	\$200.00 (+ pst)
PV101 3/4 in.	\$200.00 (+ pst)



## **PLAY YOUR HAND**

*produced 1985*

*40 min/color*

An employee's personal difficulties can create problems for managers and unions, as well as for the employee. This video shows three troubled employees responding to their problems in different ways. Practical methods of recognizing and managing these situations are demonstrated.

PV114 VHS	\$350.00 (+ pst)
PV115 Beta	\$350.00 (+ pst)
PV113 3/4 in.	\$350.00 (+ pst)

*Available in French as Jouer la bonne carte.*



## POPULAR ITEMS



### THE CHOICE IS YOURS

*produced 1987  
29 min/color*

This video is divided into five-minute segments, one each on alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. It was produced in cooperation with the Ontario Chiefs of Police and is used by police lecturers across Ontario. The straight-to-the-point style examines the consequences of making the wrong choice about drugs and gives positive aid in making the correct choices. This video is suitable for the 13 to 15-year age range.

PV159 VHS	\$150.00 (+ pst)
PV160 Beta	\$150.00 (+ pst)
PV158 3/4 in.	\$150.00 (+ pst)

*Also available in French as À vous de choisir.*



### INHALANT ABUSE

*produced 1988  
26 min/color*

Co-produced by the Addiction Research Foundation and the National Native Alcohol and Drug Abuse Program, this video discusses solvent and aerosol use. ARF scientist Dr. Luis Fornazzari reveals recent information concerning permanent brain damage in inhalant abusers and other health hazards they may encounter. The material contained in this presentation is suitable for parents, teachers, and health-care professionals. Because of the graphic nature of the presentation, it is not suitable for young people.

PV156 VHS	\$150.00 (+ pst)
PV157 Beta	\$150.00 (+ pst)
PV155 3/4 in.	\$150.00 (+ pst)

Inhalant Abuse is also available in an edited (16.25 min) version for use with young people (age 13 and over).

PV189 VHS	\$95.00 (+ pst)
PV190 Beta	\$95.00 (+ pst)
PV188 3/4 in.	\$95.00 (+ pst)



## **CANNABIS AND YOU**

*produced 1988*

*12 min/color*

This program is directed at students in the 13- to 15-year age range. The facts about the popular drug cannabis (marijuana) are explored and many of the myths about it are dispelled. Several students are interviewed and they discuss how they deal with pressure from their friends and people their own age to use the drug. The video encourages positive attitudes by helping young people make the educated decision that will help them to avoid cannabis use.

PV150 VHS	\$95.00 (+ pst)
PV151 Beta	\$95.00 (+ pst)
PV149 3/4 in.	\$95.00 (+ pst)

*This video is also available in French as Cannabis et vous.*



## **JUST FOR A FEW DRINKS**

*produced 1988*

*15 min/color*

This video contains three vignettes that focus on some of the issues surrounding teenage drinking and driving. Produced by the ARF in conjunction with the Trinity Theatre Group, Toronto, this video will promote discussion among young people about the serious consequences of combining alcohol with driving. Included is a brief discussion guide which suggests other available resources on drinking and driving. This video is an invaluable discussion starter for high schools, driving schools, and members of the public interested in this topic.

PV165 VHS	\$55.00 (+ pst)
PV166 Beta	\$55.00 (+ pst)
PV164 3/4 in.	\$55.00 (+ pst)



## POPULAR ITEMS

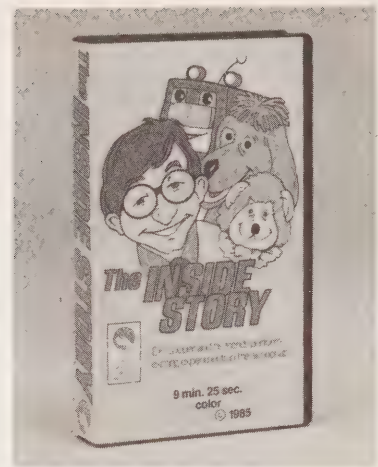
### POPULAR VIDEO KITS FOR SCHOOLS

#### **"DR. COOPER AND HIS FRIENDS"**

*Kids and teachers love these six lively learning kits featuring puppet characters Dr. Cooper and his lab assistants Melvin the dog and Martha the mouse. Together they investigate alcohol and drug issues of concern to young people. Each kit is tailored to a specific age group, and all have been classroom-tested. All have original music plus song sheet where applicable.*

*Each kit comes in a vinyl portfolio and contains a video, a teacher's guide, and a "coming soon" poster for classroom display.*

*Each of the six kits costs \$100.00 (+pst). Each video is also sold separately for \$90.00 (+pst), and each teacher's guide for \$9.00.*



#### **ALCOHOL: THE INSIDE STORY**

*produced 1985  
9.5 min/color*

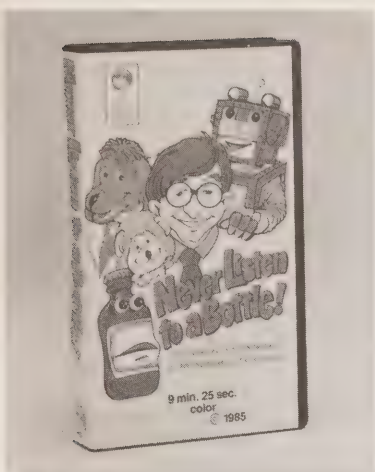
Colorful experiments involving prim Aunt Marsha, boisterous Uncle Ned, and a beer-drinking Robot explore three concepts: (1) alcohol as a drug, (2) long-term effects of alcohol abuse, and (3) risks while performing physical tasks and during pregnancy. Age group: 8-12 years.

Kit..... \$100.00 (+pst)  
PVK14 VHS  
PVK15 Beta  
PVK13 3/4 in.

Video only..... \$90.00 (+pst)  
PV108 VHS  
PV109 Beta  
PV107 3/4 in.

PG015 Teacher's Guide.....\$9.00  
ISBN 0-88868-111-9

*Also available in French as Alcool: vue de l'intérieur.*



## NEVER LISTEN TO A BOTTLE

*produced 1985*

*9.5 min/color*

Scenes with a driving simulator compare heavy drinker Fred with Martha and Melvin. A fast-talking beer bottle seduces the Robot into sampling his wares. This program investigates the short-term effects of alcohol, the role advertising plays, and the hazards of drinking and driving. Age group: 8-12 years.

*Kit*..... \$100.00 (+pst)

PVK11 VHS

PVK12 Beta

PVK10 3/4 in.

*Video only*..... \$90.00 (+pst)

PV105 VHS

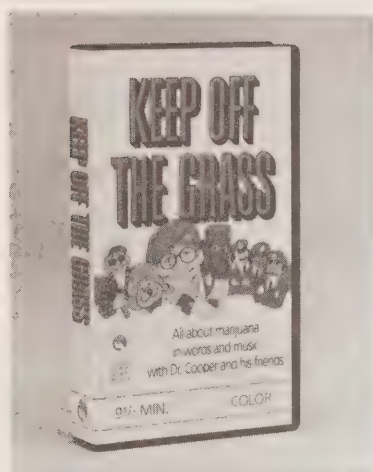
PV106 Beta

PV104 3/4 in.

PG016 Teacher's Guide.....\$9.00

ISBN 0-88868-110-0

*Also available in French as Ferme tes oreilles à la bouteille.*



## KEEP OFF THE GRASS

*produced 1986*

*9.5 min/color*

Mike the bumbling handyman and a trio of singing police officers contribute to the action by examining the physical and psychological effects of marijuana, presenting the legal consequences of its use, and reinforcing the attitude "It's okay to say No." Age group: 8-12 years.

*Kit*..... \$100.00 (+pst)

PVK17 VHS

PVK18 Beta

PVK16 3/4 in.

*Video only*..... \$90.00 (+pst)

PV120 VHS

PV121 Beta

PV119 3/4 in.

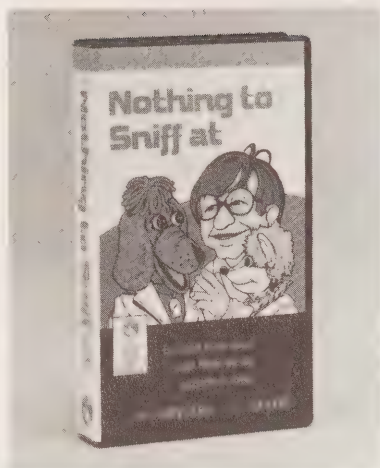
PG017 Teacher's Guide.....\$9.00

ISBN 0-88868-116-X

*Also available in French as Pas de pot, mon pote.*



**POPULAR  
ITEMS**



**NOTHING TO SNIFF AT**

*produced 1986  
9.5 min/color*

Melvin arrives early at the lab and accidentally inhales the fumes from some products on the counter. After he collapses and starts hallucinating, his friends try to revive him. This program shows the potential harm in certain household products, and the dangers in experimenting with them. Age group: 8-12 years.

*Kit..... \$100.00 (+pst)*  
PVK32 VHS  
PVK33 Beta  
PVK31 3/4 in.

*Video only..... \$90.00 (+pst)*  
PV135 VHS  
PV136 Beta  
PV134 3/4 in.

PG023 Teacher's Guide.....\$9.00  
*ISBN 0-88868-133-X*

*Also available in French as Pas de quoi renifler.*



**BUTT IT OUT**

*produced 1984  
15 min/color*

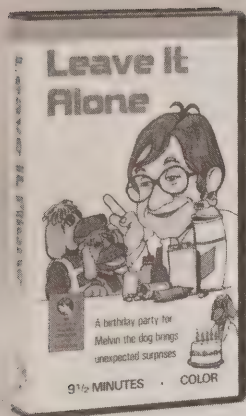
The Robot fails a treadmill test because his lungs are affected by smoking. After getting new lungs installed, he refuses to do the experiment if he has to smoke. The program covers the physical effects of smoking, the effects of second-hand smoke, and the personal responsibility for your own health. Age group: 6-9 years.

*Kit..... \$100.00 (+pst)*  
PVK05 VHS  
PVK06 Beta  
PVK04 3/4 in.

*Video only..... \$90.00 (+pst)*  
PV080 VHS  
PV080 Beta  
PV079 3/4 in.

PG008 Teacher's Guide.....\$9.00  
*ISBN 0-88868-097-X*

*Also available in French as Écrase.*



## LEAVE IT ALONE

*produced 1986*

*9.5 min/color*

Melvin's little puppy nephews search the house to find colorful candy and drinks for his birthday party. Fortunately, Dr. Cooper arrives in time to show them that their 'treats' are really pills and cleaning fluids. The children learn how to recognize product warning labels, and the dangers of eating or drinking unknown substances. Age group: 4-6 years.

*Kit*..... \$100.00 (+pst)  
 PVK38 VHS  
 PVK39 Beta  
 PVK37 3/4 in.

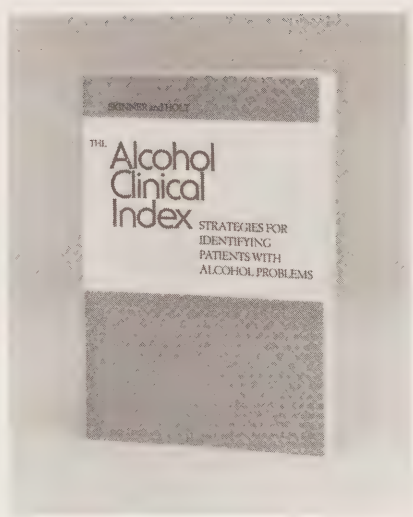
*Video only*..... \$90.00 (+pst)  
 PV141 VHS  
 PV142 Beta  
 PV140 3/4 in.

PG025 Teacher's Guide.....\$9.00  
*ISBN 0-88868-131-3*

*Also available in French as N'y touche pas.*



## POPULAR ITEMS



### ALCOHOL CLINICAL INDEX

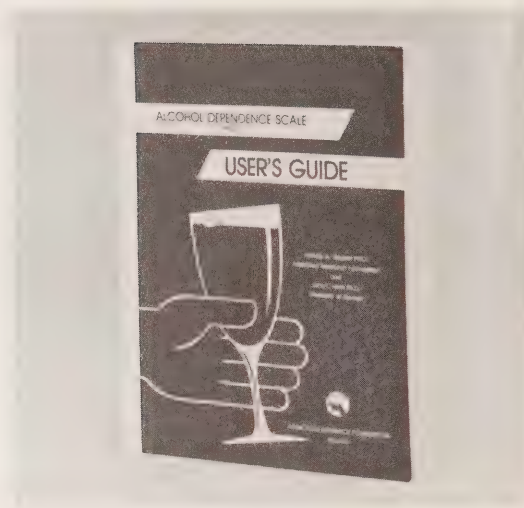
by Harvey A. Skinner and  
Stephen Holt

*published 1987*

ISBN 0-88868-144-5

The Alcohol Clinical Index comprises two parts—clinical signs that are elicited by the physician or nurse, and medical history items that can be completed by the patient. The booklet provides a practical strategy for using the Index and suggests methods of corroborating the Index with laboratory tests and indicators. It also describes ways to ensure that patients' self reports are accurate, and outlines procedures for clinical management and follow-up. Four separate forms are used to compile clinical signs, medical history, alcohol use, and risk factors. Extra copies of these questionnaires are available in pads of 50.

- PG034 User's Booklet (31 pp.)    \$9.75
- P146 Clinical Signs  
(50 Questionnaires) \$9.95 (+ pst)
- P147 Medical History  
(50 Questionnaires) \$9.95 (+ pst)
- P148 Alcohol Use  
(50 Questionnaires) \$9.95 (+ pst)
- P149 Risk Factors  
(50 Questionnaires) \$9.95 (+ pst)



### ALCOHOL DEPENDENCE SCALE

by Harvey A. Skinner and  
John L. Horn

*published 1984*

ISBN 0-88868-191-0 (*User's Guide*)

This is a tool for measuring alcohol-dependency symptoms and is based on the World Health Organization's theoretical concept of a core alcohol-dependence syndrome. The 25-item ADS questionnaire can be quickly administered and hand scored. A 40-page User's Guide contains normative data from various outpatient and inpatient samples. This reliable and valid clinical tool can be used to determine drinking goals and the extent of necessary treatment.

- PG010 User's Guide    \$14.25
- P143 Package of 25 Questionnaires  
\$6.50 (+ pst)
- PG011 Specimen Set (includes 25  
Questionnaires + 1 User's  
Guide)    \$15.00

*The questionnaire is available in French as  
Questionnaire sur la consommation d'alcool  
(ADS).*

*The Guide is available in English only.*

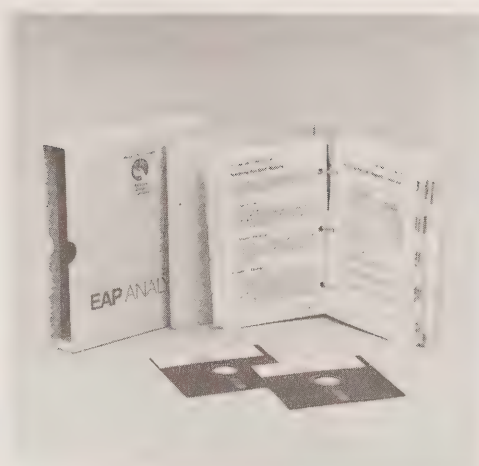
## POPULAR ITEMS



### PROJECTION

Each month a committee of communication specialists, health promotion experts, and scientists meet at the Addiction Research Foundation to review the newest audio-visual materials in the addictions field. These reviews are published as *Projection*. Each consists of a synopsis of content, a rating of the scientific accuracy, a general evaluation (taking into account factors such as appropriateness to audience, whether presentation is interesting or boring, etc.), and a recommendation for use.

PS002 One-year subscription \$18.00  
PRJ20 Binder \$ 7.00 (+ pst)



### EAP ANALYST™

*produced 1987*

EAP Analyst™ is the management tool that lets you assess and improve the overall effectiveness of your employee assistance program (EAP). This new personal computer software program takes the work out of tracking your clients at a fraction of the cost of other systems. It allows you to:

- identify your EAP's strong points
- see how and where improvements can be made
- increase the number of people you can help
- find ways to upgrade the quality of help you offer
- demonstrate the savings your EAP is generating
- find new ways to INCREASE those savings
- prove to any "bottom-line" management that your EAP is paying its way.

The EAP Analyst™ lets you measure the effectiveness of every aspect of your EAP, and finds ways to improve it. It also allows you to make detailed cost-benefit analyses.

To give you a better idea of the many ways EAP Analyst™ can help you, you can borrow, for a period of one month, a demonstration disk. Please contact:

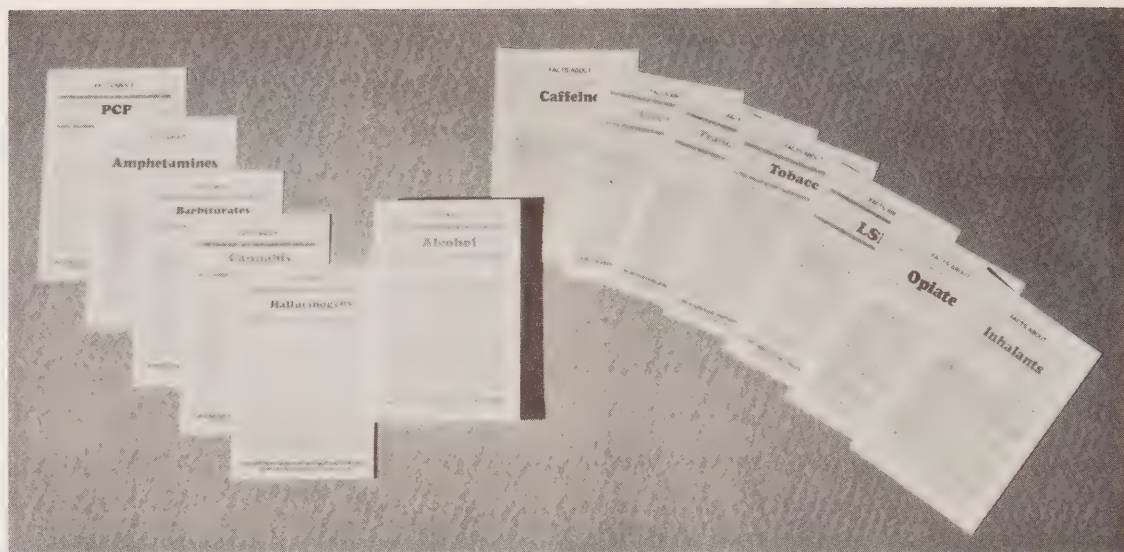
Marketing  
Addiction Research Foundation  
33 Russell Street  
Toronto, Ontario,  
Canada M5S 2S1

(416) 595-6123



## PAMPHLETS

For quantity  
discount infor-  
mation, see  
page 54.



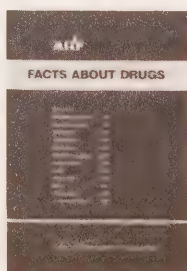
### THE FACT SHEET SERIES

Each Fact Sheet sets out in a clear and concise manner the appearance, history, and short- and long-term effects of use in an unbiased and non-judgmental way. Recently updated, they are an excellent resource for both the student and the medical professional—indeed for anyone with the need to know the facts!

	English	French	
Alcohol	P251	P301	\$0.10 (+ pst)
Amphetamines	P252	P302	\$0.10 (+ pst)
Barbiturates	P253	P303	\$0.10 (+ pst)
Caffeine	P263	P313	\$0.10 (+ pst)
Cannabis	P254	P304	\$0.10 (+ pst)
Cocaine	P262	P312	\$0.10 (+ pst)
Hallucinogens	P255	P305	\$0.15
Inhalants	P259	P309	\$0.10 (+ pst)
LSD	P256	P306	\$0.10 (+ pst)
Opioids	P257	P307	\$0.10 (+ pst)
PCP	P258	P308	\$0.10 (+ pst)
Tobacco	P260	P310	\$0.10 (+ pst)
Tranquillizers	P261	P311	\$0.10 (+ pst)

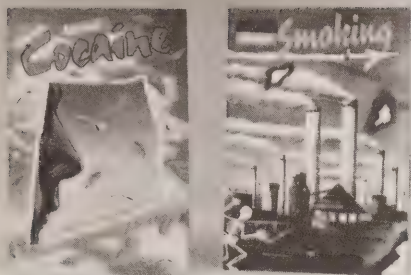
### FACTS ABOUT DRUGS

The complete Fact Sheet Series bound into a handy booklet format. *Also available in French as Renseignements sur les drogues.*

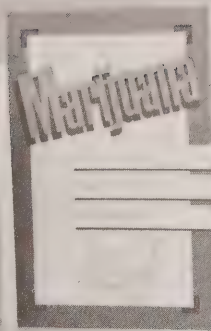
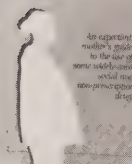


P250 (55 pp.)

\$1.75



Can I Take This  
if I'm Pregnant?



## ABOUT COCAINE

Solid facts about a drug with a lot of myths and mystique. Cocaine and crack have become an increasing nightmare in the past decade. This colorfully illustrated pamphlet helps young people make educated choices about one of the world's most addictive and harmful drugs.

P382 (8 pp.) \$0.65

## MARIJUANA: ANSWERS FOR YOUNG PEOPLE AND PARENTS

Is cannabis addictive? What is a cannabis "high" like? These are just two of the many questions asked by both parents and young people about this very popular drug. In response, ARF has carefully reviewed research findings and produced this straightforward pamphlet with answers to 13 of the most commonly asked questions. Also included is a short "Test Your Knowledge" quiz, together with a brief introduction about cannabis in today's society.

P138 (32 pp.) \$0.75

*Also available in  
French as Marijuana :  
Réponses destinées aux  
jeunes et aux parents.*

## CAN I TAKE THIS IF I'M PREGNANT?

Pregnant women, aware that drugs can affect their unborn children, are concerned about the safety of over-the-counter remedies, and of social drugs such as alcohol. Can these drugs cause damage to the developing fetus? This guide to the use of social and non-prescription drugs during pregnancy can help expectant mothers make informed choices. The pamphlet, updated in 1990, is an excellent information item for prenatal classes, clinics, women's centres, and doctors' offices.

P126 (8 pp.) \$0.40

*Also available in  
French as Puis-je en  
prendre si je suis enceinte?*

## ABOUT SMOKING

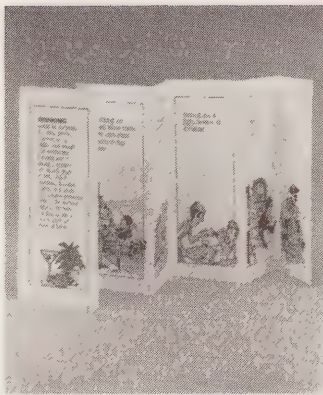
Hard-hitting facts about tobacco for youngsters. This bright and colorful brochure illustrates the dangers of smoking such as:

- addiction
- cancer-causing chemicals
- dangers of second-hand smoke
- danger to babies for pregnant smokers
- heart disease and many others.

P383 (8 pp.) \$0.65



PAMPHLETS



**PROBLEM  
DRINKING:  
WARNING SIGNS**

This attractive, informative brochure, when folded, will fit into a pocket, purse, or pay-cheque envelope. It opens to become a poster suitable for walls or notice boards. Twelve warning signs are illustrated in a non-threatening cartoon style and the brief copy gives advice on how to get more information and help.

*P376 (8 pp.) \$0.55 (+ pst)*

*Also available in French  
as Boire.*

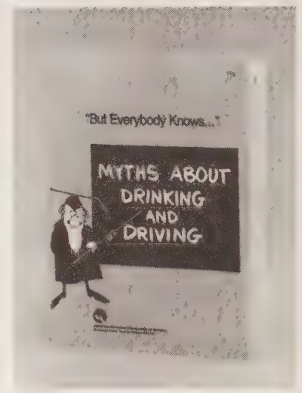


**COFFEE, TEA, &  
ME, AND...**

This is an excellent resource for health professionals, educators, and the general public. Here, in a concise, readable format, is information on the most commonly used drugs. This poster-pamphlet is an ideal display item, and provides a summary of known facts regarding a variety of chemical substances.

*P123 \$0.65 (+ pst)*

*Also available in  
French as Le café, le thé, et  
moi, et....*

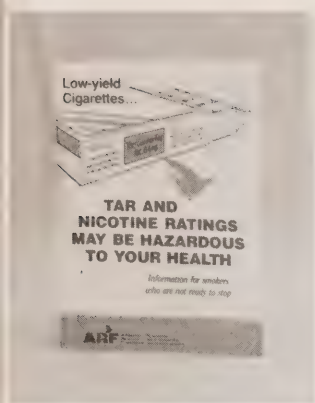


**MYTHS ABOUT  
DRINKING AND  
DRIVING**

This booklet presents 10 basic and widespread misconceptions about drinking and driving. These myths reflect the attitudes that many people hold concerning alcohol. The purpose of this pamphlet is to debunk them, not only by explaining how alcohol can impair abilities, but also by encouraging examination of attitudes and values associated with drinking and driving.

*P106 (24 pp.) \$0.75*

*Also available in  
French as Les mythes sur  
l'alcool au volant.*



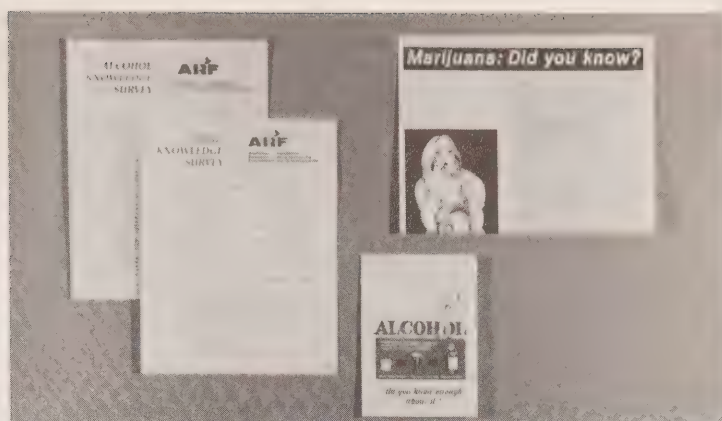
## TAR AND NICOTINE RATINGS MAY BE HAZARDOUS TO YOUR HEALTH

### Information for Smokers Who Are Not Ready to Stop

Ask most smokers why they have changed to low-yield cigarettes and they will say it is to cut down on tar and nicotine. The ratings, however, can be misleading. This pamphlet explains that ultra-low-tar and low-nicotine cigarettes are not necessarily less hazardous.

P139 (7 pp.) \$0.30

Also available in French as Les cigarettes à faible émission.



## ALCOHOL—DO YOU KNOW ENOUGH ABOUT IT?

This simple but informative pamphlet contains facts on the wide range of effects that alcohol has on the body as well as information on how drinking behavior can affect the individual, family, and society.

P102 (16 pp.) \$0.40

Also available in French as L'alcool – qu'en savez-vous?

## MARIJUANA: DID YOU KNOW?

Thirty-five true/false questions on the adverse health effects of cannabis use.

P131 (1 p.) \$0.30  
(+ pst)

## ALCOHOL KNOWLEDGE SURVEY

Questions and detailed answers clarify popular misconceptions about alcohol. This is a useful self-teaching device or discussion starter in the classroom.

P112 (6 pp.) \$0.30  
(+ pst)

Also available in French as Questionnaire sur l'alcool.

## DRUG KNOWLEDGE SURVEY

Questions and detailed answers clarify popular misconceptions about drugs. This is a useful self-teaching device or discussion starter in the classroom.

P113 (6 pp.) \$0.30  
(+ pst)

Also available in French as Questionnaire sur les drogues.



## PAMPHLETS



### MY KID ON DRUGS?

Fear, hurt, and anger often accompany a parent's discovery that his or her child is using drugs. This pamphlet is designed to assist parents by suggesting approaches to the situation.

P125 (4 pp.) \$0.20  
(+ pst)

*Also available in French as La drogue . . . mon enfant?*

### KNOW THE SCORE

When does drinking become hazardous? This colorful little score card presents a quick, simple introduction to the facts about alcohol.

P122 (4 pp.) \$0.35  
(+ pst)

*Also available in French as Faites le compte.*

### WOMEN & PRESCRIPTION DRUGS

The quick chemical "solutions" to many of life's ordinary problems can have long-term effects, especially for women.

P133 (4 pp.) \$0.25  
(+ pst)

*Also available in French as Les femmes et les médicaments prescrits.*

### ANTABUSE AND TEMPOSIL

The uses and effects of the protective drugs, commonly used to discourage alcohol use, are outlined.

P115 (4 pp.) \$0.20  
(+ pst)

*Also available in French as Antabuse et Temposil.*

### ALCOHOLISM AND THE FAMILY

Alcoholism affects all family members, not just the one with the drinking problem. This pamphlet presents the need to confront the situation, and ways to deal with it.

P121 (12 pp.) \$0.45

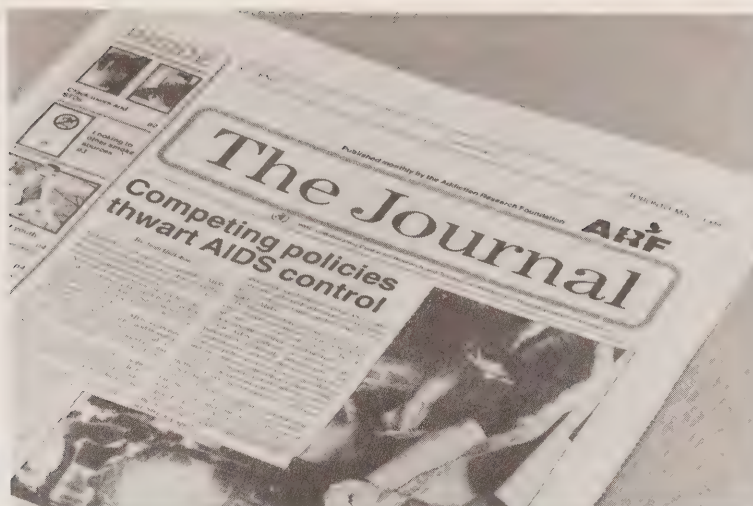
*Also available in French as L'alcoolisme et la famille.*

### FETAL ALCOHOL SYNDROME—THE PREVENTABLE BIRTH DEFECT

Alcohol damage to an unborn child is preventable. This brochure answers eight questions about Fetal Alcohol Syndrome.

P152 (6 pp.) \$0.25  
(+ pst)

*Also available in French as Syndrome d'alcoolisme foetal.*



# The Journal

Award-winning coverage of the addictions field. For more than 17 years, *The Journal* has been keeping its readers abreast of events and issues in the addictions field. Published monthly, *The Journal* features:

- correspondent reports from a world-wide network of established medical writers and commentators
- in-depth coverage of all the major conferences world-wide
- coming events, conferences, and workshops
- the latest in education and health promotion materials
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Toronto, Ontario M5S 2S1

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- Binder \$10.00 (+ pst)

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Business Manager, The Journal  
Addiction Research Foundation  
33 Russell Street  
Toronto, Ontario  
M5S 2S1





## **THE SCHOOL FOR ADDICTION STUDIES**

The School for Addiction Studies has been offering training programs designed for professionals and other workers involved in the alcohol/drug and related fields since 1978. The School's goals are to improve knowledge about addictions and to help others develop the skills necessary for dealing with associated problems. The School also coordinates the Foundation's international training programs. In Canada, it collaborates on the National Drug Strategy.

### **University Program in Addiction Studies**

The University of Toronto's School of Continuing Studies and the School for Addiction Studies collaborate on the Program in Addiction Studies (PAS). People who fulfill the requirements of the PAS will receive a document certifying successful completion of the program.

### **Distance Education Programs**

Multi-media distance education programs are designed for those who wish to pursue independent study at home or in the office, without the expense and worry of travel. Course packages include comprehensive print and taped materials. The three multi-media courses available are: Overview of Alcohol and Drug Law; Fundamental Concepts in Addictions; and Pharmacology and Drug Abuse. All of these may be taken for PAS credit. There are also 8 teleconference courses available at 66 sites throughout Ontario.

### **Summer and Winter Institutes**

The Summer Institute is held at the lovely Scarborough Campus of the University of Toronto. This year a Winter Institute will be held in February. All courses offered at both the Summer and Winter Institutes are included in the Program in Addiction Studies and may be taken for PAS credit.

For further information or to receive a School Calendar please write:

School for Addiction Studies  
8 May Street  
Toronto, ON  
M4W 2Y1

*Tel: (416) 964-9311*  
*Fax: (416) 961-2693*

# LISTE DES DOCUMENTS EN FRANÇAIS

La Loi sur les services en français (la Loi 8) du gouvernement de l'Ontario "garantit à tout particulier ou personne morale le droit de recevoir des services gouvernementaux en français" dans les régions désignées de la province. Conformément à son mandat, la Fondation de la recherche sur la toxicomanie (la ARF) produit une variété de documents en français. Vous trouverez ci-dessous la liste de tous les documents disponibles en langue française. Si vous désirez recevoir un catalogue décrivant ces produits en détail, veuillez vous adresser au:

Service de marketing  
Fondation de la recherche sur la toxicomanie  
33, rue Russell  
Toronto (Ontario) M5S 2S1  
No de téléphone: (416) 595-6123  
No de télécopieur: (416) 595-5017

## LIVRES ET MATÉRIEL DE TRAITEMENT

### Guide de formation des conseillers en toxicomanie

par Peter E. Bohm et Kenneth Macdonald  
PZ156 Guide du moniteur (310 p.) 65 \$  
PZ159 Guide du participant (312 p.) 35 \$  
Version anglaise: *Addiction Counselling Training Manual*

**Prévention dans le domaine des drogues**  
par Sherri R. Torjman  
PZ096 Guide du moniteur + 3 monographies 95 \$  
Version anglaise: *Training Program on Prevention in the Drug Field*

**Politiques en matière d'alcool et de drogues: guide à l'intention des conseils scolaires**  
PG041 (34 p.) 8,25 \$  
Version anglaise: *Alcohol and Drug Policies: A Guide for School Boards*

**Droits, pouvoirs et obligations légales des éducateurs concernant l'emploi d'alcool et de drogues par les élèves**  
PG042 (27 p.) 8,25 \$  
Version anglaise: *The Legal Rights, Powers and Obligations of Educators Regarding Student Alcohol and Drug Use*

**Répertoire des ressources éducatives sur les drogues compilé par Barbara J. Steep**  
PG049 (60 p.) 15,95 \$ (+ tvp)  
Version anglaise: *Drug Education Resources Directory*

**Liste des occasions de consommation d'alcool (LOCA)** par Helen M. Annis, J. Martin Graham et Christine S. Davis  
P1444 Questionnaires LOCA-100 (25 questionnaires) 14,75 \$ (+ tvp)  
P1446 Questionnaires LOCA-42 (25 questionnaires) 12,75 \$ (+ tvp)  
Version anglaise: *Inventory of Drinking Situations*

**Entrevue structurée d'évaluation de la toxicomanie**  
PZ081 2,65 \$ (+ tvp)  
Version anglaise: *A Structured Addictions Assessment Interview for Selecting Treatment (ASIST)*

**Rapport de la fondation du groupe de travail international sur la convention de 1971 sur les substances psychotropes, 8 au 12 septembre 1980**  
P654 (75 p.) 5,40 \$ (+ tvp)

### Questionnaire sur la consommation d'alcool (ADS)

par Harvey A. Skinner et John L. Horn  
P1430 Paquet de 25 questionnaires 6,50 (+ tvp)  
Version anglaise du questionnaire: *Alcohol Dependence Scale (ADS)*

### VIDÉOS (Spécifiez VHS, Beta, ou 3/4 po)

#### Les drogues et vous

150 \$ (+ tvp)  
Version anglaise: *Drugs & You*

#### À vous de choisir

150 \$ (+ tvp)  
Version anglaise: *The Choice is Yours*

#### Cannabis et vous

95 \$ (+ tvp)  
Version anglaise: *Cannabis and You*

#### ...et une porte s'ouvrit

275 \$ (+ tvp)  
Version anglaise: *...and the Door was Opened*

#### Jouer la bonne carte

350 \$ (+ tvp)  
Version anglaise: *Play Your Hand*

#### Une chance de s'en tirer

Version anglaise: *A Fighting Chance*  
150 \$ (+ tvp)

### Série populaire de vidéos éducatifs : Le docteur Bernard et ses amis

**N'y touche pas**  
Trousse 100 \$ (+ tvp)  
Vidéo uniquement 90 \$ (+ tvp)  
PG026 Guide de l'enseignant 9 \$  
Version anglaise: *Leave it Alone*

#### Pas de quoi renifler

Trousse 100 \$ (+ tvp)  
Vidéo uniquement 90 \$ (+ tvp)  
PG024 Guide de l'enseignant 9 \$  
Version anglaise: *Nothing to Sniff At*

#### Écrase

Trousse 100 \$ (+ tvp)  
Vidéo uniquement 90 \$ (+ tvp)  
PG020 Guide de l'enseignant 9 \$  
Version anglaise: *Butt It Out*

#### Ferme tes oreilles à la bouteille

Trousse 100 \$ (+ tvp)  
Vidéo uniquement 90 \$ (+ tvp)  
PG021 Guide de l'enseignant 9 \$  
Version anglaise: *Never Listen to a Bottle*

#### Vue de l'intérieur

Trousse 100 \$ (+ tvp)  
Vidéo uniquement 90 \$ (+ tvp)  
PG022 Guide de l'enseignant 9 \$  
Version anglaise: *Alcohol: The Inside Story*

#### Pas de pot, mon pote

Trousse 100 \$ (+ tvp)  
Vidéo uniquement 90 \$ (+ tvp)  
PG018 Guide de l'enseignant 9 \$  
Version anglaise: *Keep Off The Grass*

## BROCHURES

**Marijuana: réponses destinées aux jeunes et aux parents**  
P1380 (32 p.) 0,75 \$  
Version anglaise: *Marijuana: Answers for Young People and Parents*

**La cocaïne** P3820 (8 p.) 0,65 \$  
Version anglaise: *About Cocaine*

**La tabac** P3830 (8 p.) 0,65 \$  
Version anglaise: *About Smoking*

### Le café, le thé, et moi, et ...

P124 0,65 \$ (+ tvp)  
Version anglaise: *Coffee, Tea, & Me, And ...*

### Les mythes sur l'alcool au volant

P1060 (24 p.) 0,75 \$  
Version anglaise: *Myths about Drinking and Driving*

### Puis-je en prendre si je suis enceinte?

P1260 (8 p.) 0,40 \$  
Version anglaise: *Can I Take This if I'm Pregnant?*

### Syndrome d'alcoolisme foetal

P1520 (6 p.) 0,25 \$ (+ tvp)  
Version anglaise: *Fetal Alcohol Syndrome*

### L'alcoolisme et la famille

P1210 (12 p.) 0,45 \$  
Version anglaise: *Alcoholism and the Family*

### Les cigarettes à faible émission

P1390 (7 p.) 0,30 \$  
Version anglaise: *Tar and Nicotine Ratings May be Hazardous to Your Health*

### L'alcool — qu'en savez-vous?

P103 (16 p.) 0,40 \$  
Version anglaise: *Alcohol—Do You Know Enough About It?*

### Questionnaire sur l'alcool

P1120 (6 p.) 0,30 \$ (+ tvp)  
Version anglaise: *Alcohol Knowledge Survey*

### Questionnaire sur les drogues

P1130 (6 p.) 0,30 \$ (+ tvp)  
Version anglaise: *Drug Knowledge Survey*

### Antabuse & Temposil

P116 (4 p.) 0,20 \$ (+ tvp)  
Version anglaise: *Antabuse and Temposil*

### Faites le compte

P1220 (4 p.) 0,35 \$ (+ tvp)  
Version anglaise: *Know the Score*

### La drogue ... mon enfant?

P1250 (4 p.) 0,20 \$ (+ tvp)  
Version anglaise: *My Kid on Drugs?*

### Les femmes et les médicaments prescrits

P1330 (4 p.) 0,25 \$ (+ tvp)  
Version anglaise: *Women and Prescription Drugs*

### Boire

P3760 0,55 \$ (+ tvp)  
Version anglaise: *Problem Drinking: Warning Signs*

### Fiches de renseignements sur les drogues

L'alcool P301 0,10 \$ (+ tvp)  
Les amphétamines P302 0,10 \$ (+ tvp)  
Les barbituriques P303 0,10 \$ (+ tvp)  
La caféine P313 0,10 \$ (+ tvp)  
Le cannabis P304 0,10 \$ (+ tvp)  
La cocaïne P312 0,10 \$ (+ tvp)  
Les hallucinogènes P305 0,15 \$  
Le LSD P306 0,10 \$ (+ tvp)  
Les opioïdes P307 0,10 \$ (+ tvp)  
Le PCP P308 0,10 \$  
Les substances volatiles P309 0,10 \$ (+ tvp)  
Le tabac P310 0,10 \$ (+ tvp)  
Les tranquillisants P311 0,10 \$ (+ tvp)

### Renseignements sur les drogues

P300 (57 p.) 1,75 \$  
Version anglaise: *Facts about Drugs*

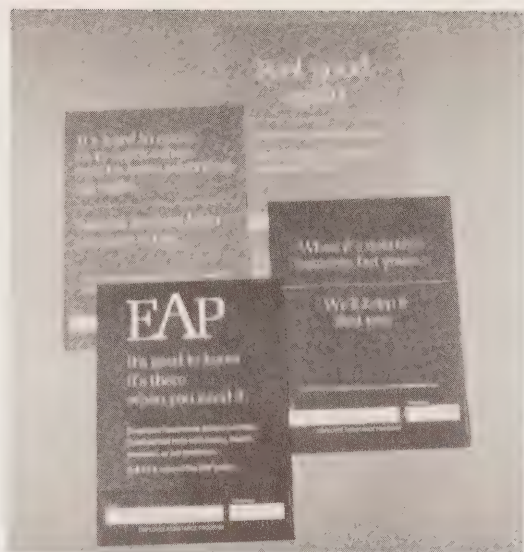
## DIVERS

### Série d'affiches du P.A.E. (Programme d'aide aux employés)

PP006 Série de 4 affiches 2,50 \$ (+ tvp)  
Version anglaise: *EAP posters*



## POSTERS AND NOVELTIES



### EAP POSTERS

Printed on heavy, glossy stock with white lettering and a solid-color background, these posters (27 cm x 36 cm/10.5 in x 14 in) are designed to promote awareness and participation in EAP programs.

- PP001 "Feel Good Again"  
\$0.75 (+ pst)
- PP002 "It's Good To Know It's There  
When You Need It"  
\$0.75 (+ pst)
- PP003 "When It's Nobody's Business  
But Yours...We'll Keep It That  
Way"  
\$0.75 (+ pst)
- PP004 "It's Hard To Come Into Work  
When You've Been Worrying  
All Night"  
\$0.75 (+ pst)
- PP005 Set of 4  
\$2.50 (+ pst)

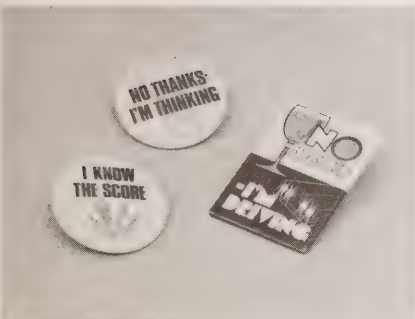
*Also available in French as Série d'affiches du P.A.E. (Programme d'aide aux employés).*



### "I LOVE HUGS" TEDDY BEARS

Our machine-washable bears make ideal gifts to emphasize staying drug-free. As part of the theme "More hugs, not drugs," the red banner "I love hugs" proclaims a message suitable for all ages.

- PO360 7 1/2" white bear \$9.95 (+ pst)
- PO361 14" white bear \$29.95 (+ pst)



## BUTTONS

Make your statement! An assortment of colorful buttons to get your message across.

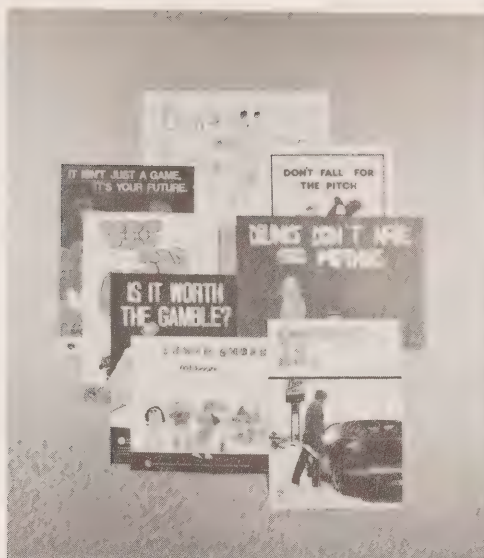
- P069 "I Know the Score" button  
\$0.50 (+ pst)
- P070 "No Thanks, I'm Thinking" button  
\$0.50 (+ pst)
- P071 "No Thanks, I'm Driving" button  
\$0.50 (+ pst)

## JAMIE FINDS OUT ABOUT DRUGS

### An Activity Poster

This large (48 cm x 60 cm/19 in x 24 in) activity poster is ideal for coloring. It can be used as a wall poster or a discussion guide. It has been classroom tested and has proved most popular with grades 4 and 5 (ages 9-11). It presents, in an informal way, basic information about drugs.

PP007 \$0.75 (+ pst)



## CHILDREN'S POSTERS

These are produced on heavy stock from the eight winning designs in the 1984 ARF School Poster Festival. Submitted by students from both elementary and high schools throughout Ontario, these posters are lively, colorful, and entertaining, and they will be a welcome addition to any classroom or bulletin board.

- PP020 "I Need Shoes Not Booze"  
\$1.00 (+ pst)
- PP021 "Tic Tac No!" \$1.00 (+ pst)
- PP022 "Is It Worth the Gamble?"  
\$1.00 (+ pst)
- PP023 "Drunks Don't Make Good Mothers"  
\$1.00 (+ pst)
- PP024 "It Isn't Just A Game, It's Your Future"  
\$1.00 (+ pst)
- PP025 "Don't Fall for the Pitch on Alcohol"  
\$1.00 (+ pst)
- PP026 "Dressed To Kill"  
\$1.00 (+ pst)
- PP027 "Don't Drink If You're Pregnant"  
\$1.00 (+ pst)
- PP028 Set of 8 \$6.50 (+ pst)



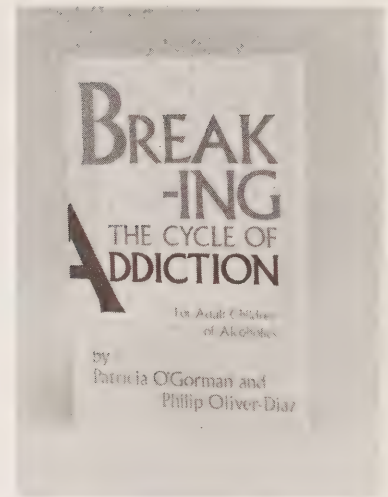
**TITLES  
FROM  
OTHER  
PUBLISHERS**

A partial listing  
of titles from  
other  
publishers that  
we have  
found to be of  
interest to our  
customers

## ***CHILDREN OF ALCOHOLICS***

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One of the fastest growing areas of interest in the alcohol/drug field today is that of Children of Alcoholics (COAs). As more and more people realize the dreadful toll that alcoholism has taken on the family, the need for information and help has grown. In recognition of this, we carry a number of books, both for children of alcoholics and adult children of alcoholics. We are sure that people who come from alcoholism-troubled families and those who help them will find these titles useful.



### **BREAKING THE CYCLE OF ADDICTION**

#### **A Parent's Guide to Raising Healthy Kids**

**by Patricia O'Gorman and  
Philip Oliver-Diaz**

*published 1987  
by Health Communications  
ISBN 0-93219-437-0*

This book is designed to help the parent (or parent to be) who is a child of an alcoholic, or is a recovering alcoholic, or who lives with an alcoholic, break the cycle of addiction. Often, COAs find it difficult to parent and nurture, as this was denied them in their childhood. The goal of the book is to help the parents by showing the benefit of the child-centred family and of giving and receiving emotionally.

PX121 (162 pp.) \$11.95

## ADULT CHILDREN OF ALCOHOLICS



## ADULT CHILDREN OF ALCOHOLICS

by Janet Geringer Woititz

*published 1983*

*by Health Communications*

ISBN 0-93219-415-X

This is the book that confirmed the public's interest in the area of children of alcoholics by climbing onto the *New York Times* Best Seller List. Growing up in an alcoholic home can have negative consequences on health, work, and relationships in adulthood. The author offers answers on how to recognize, change, and prevent the past from adversely influencing the present and future.

PX123 (106 pp.) \$9.95

NATIONAL BEST SELLER

## STRUGGLE FOR INTIMACY

From  
the author  
of the  
New York  
Times Best  
Seller "Adult  
Children of  
Alcoholics"

Janet G.  
Woititz

Copyright © 1985 by Health Communications, Inc.

## STRUGGLE FOR INTIMACY

by Janet Geringer Woititz

*published 1985*

*by Health Communications*

ISBN 0-93219-425-7

To be intimate, to be close, to be vulnerable, contradicts all the survival skills learned by children of alcoholics when they were young. Acquiring intimacy skills requires a complete relearning process and it is especially difficult for adult COAs to have loving relationships because they have never had an effective role model. This book teaches better ways to interact with others, new options, and new choices.

PX126 (101 pp.) \$9.95

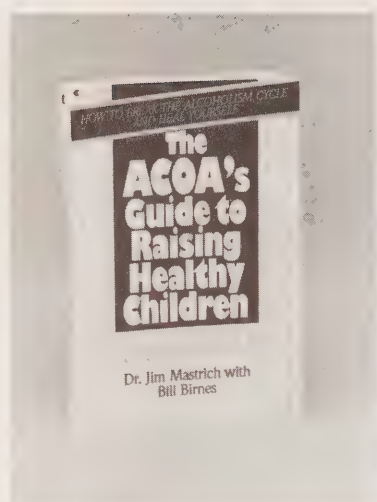
TITLES  
FROM  
OTHER  
PUBLISHERS

Children  
of Alcoholics



## TITLES FROM OTHER PUBLISHERS

Children  
of  
Alcoholics



### THE ACOA's GUIDE TO RAISING HEALTHY CHILDREN

by Jim Mastrich with Bill Birnes

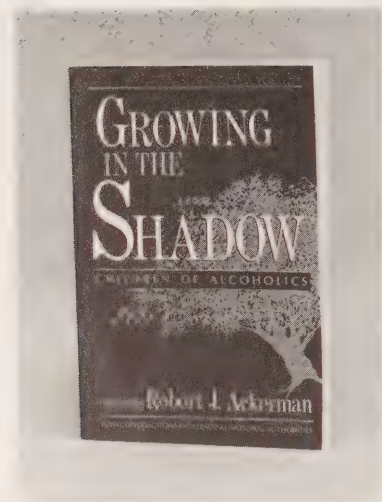
*published 1988*

*by Collier Macmillan Publishing Co.*

ISBN 0-02040-581-2

This practical guide deals with the specific issues of raising children from infancy to adulthood and the special problems an adult child of an alcoholic (ACOA) may encounter as a parent. This insightful book helps ACOAs to understand and deal with fears about themselves and their children. This handbook also outlines what is expected from normal child development and provides the tools for coping with each development in a positive way.

PX141 (271 pp.) \$13.95



### GROWING IN THE SHADOW:

**Children of Alcoholics**

edited by Robert J. Ackerman

*published 1986*

*by Health Communications*

ISBN 0-93219-432-X

This book addresses children of alcoholics from childhood through adulthood. The authors are many of the modern "pioneers" in the field who have, and who continue to create, informed awareness of the needs of children of alcoholics. They offer a diversity of insights, opinions, and perspectives. Among the 21 leading authorities in the field who contributed to this book are Janet Woititz, Claudia Black, Rokeller Lerner, and Dr. Ackerman himself.

PX125 (234 pp.) \$12.95

## **Children of Alcoholics**

*A Guide for Parents, Educators and Therapists*

*How to Help and Find  
Help for Children Trapped  
in Alcoholic Families*  
Robert J. Ackerman, Ph.D.  
Co-founder, National  
Association for Children  
of Alcoholics  
2nd Edition

## **Recovery**

## **A Guide for Adult Children of Alcoholics**

by Herbert L. Gravitz  
and Julie D. Bowden  
Founding members of the Board of Directors of the  
National Association for Children of Alcoholics

**TITLES  
FROM  
OTHER  
PUBLISHERS**

Children  
of  
Alcoholics

### **CHILDREN OF ALCOHOLICS:**

#### **A Guide for Parents, Educators and Therapists**

**by Robert J. Ackerman**

*2nd edition published 1983*

*by Fireside Books (Simon & Schuster)*

**ISBN 0-67164-527-7**

This book offers advice on how to help and find help for those children trapped in alcoholic families. For those who wish to help, it is necessary to know what it is like to be a COA and how COAs develop as people. Dr. Ackerman devotes the first of three sections to that issue. The second section gives suggestions for educators and the third contains suggestions for therapists and parents. Two appendices containing resource materials and resource agencies across North America complete this invaluable text.

**PX127 (201 pp.) \$12.50**

### **RECOVERY**

#### **A Guide for Adult Children of Alcoholics**

**by Herbert L. Gravitz and  
Julie D. Bowden**

*published 1985*

*by Fireside Books (Simon & Schuster)*

**ISBN 0-67164-528-5**

This book is for those who were children in an alcoholic family and who "survived" to adulthood. It describes the emotional cost of this survival and, more importantly, presents a way of re-evaluating these survival techniques in light of the problems faced as adults. Many COAs limp into adulthood behind a facade of strength. They survive adulthood too, but they do not enjoy it. This book can help children of alcoholics of all ages begin to enjoy their adult lives.

**PX128 (120 pp.) \$11.50**



## TITLES FROM OTHER PUBLISHERS

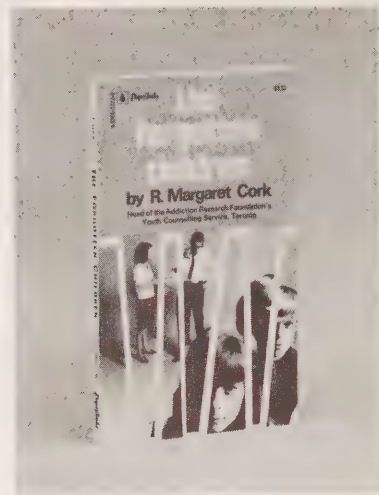
Children  
of  
Alcoholics



**DIFFERENT LIKE ME:**  
**A Book for Teens Who Worry**  
**About Their Parents' Use of**  
**Alcohol/Drugs**  
by Evelyn Leite and Pamela Espeland  
*published 1987*  
*by the Johnson Institute*  
*ISBN 0-93590-834-X*

Most parents today are worried that their children might use alcohol or other drugs. But what about the kids who are worried about their parents' use? This book is written especially for teens who are concerned, confused, scared, and angry because of their parents' use of alcohol or other drugs. It talks directly to the kids, not "down to" them. Teens will find the answers to the questions they have been afraid to ask.

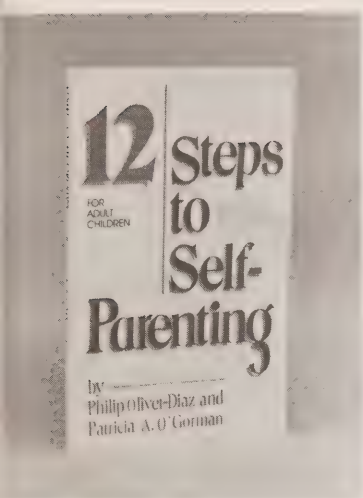
PX130 (110 pp.) \$8.95



**THE FORGOTTEN**  
**CHILDREN**  
by Margaret Cork  
*published 1969*  
*by Paperjacks*  
*ISBN 0-77010-365-0*

A classic in the field of children of alcoholics, this extremely popular book concerns 115 children between the ages of 10 and 16 years who were interviewed by Margaret Cork, former social worker and head of ARF's youth counselling service. All these children came from the homes of alcoholics, and most of them had shocking stories to tell. Margaret Cork says that these children need help. She believes that they should have it whether or not their parents are willing to accept help for themselves.

P495 (112 pp.) \$3.50



## **12 STEPS TO SELF-PARENTING**

**by Philip Oliver-Diaz and  
Patricia A. O'Gorman**

*published 1988  
by Health Communications  
ISBN 0-93219-468-0*

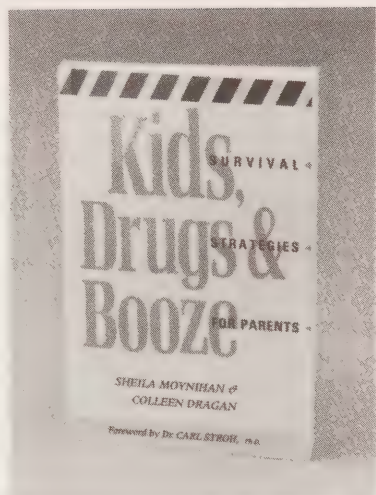
From the authors of the popular "Breaking the Cycle of Addiction," this manual is based on AA's 12 steps, and teaches adult children of alcoholics how to nurture the child within themselves and thus become good parents to their own children.

PX136 (135 pp.) \$10.95

## **TITLES FROM OTHER PUBLISHERS**

Children  
of  
Alcoholics





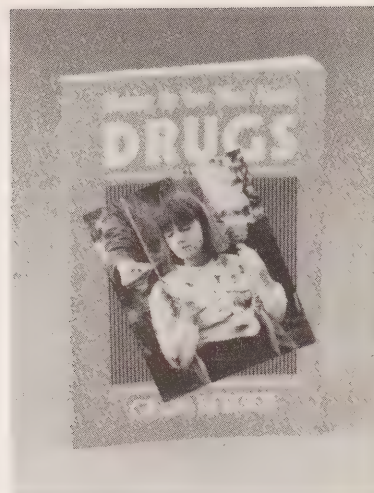
**KIDS, DRUGS AND BOOZE**  
**Survival Strategies for Parents**  
**by Sheila Moynihan and Colleen**  
**Dragan**

*published 1990 by Macmillan of Canada*  
*ISBN 0-7715-9228-0*

Practical is the key word for the strategies presented in this book. Without being superficial, the material is presented in a straightforward way to be of as much use as possible to the parent of a drug-abusing child. The strategies take us from recognition of a problem, through denial, getting help, relapse, and relapse prevention, to putting the family and the parents' lives back together.

There is a discussion of why kids use drugs and a directory of helping resources across Canada, together with some suggestions for further reading. This guide will be an invaluable aid to families with drug-using children and to those professionals who help them.

PX144 (206 pp.) \$16.95



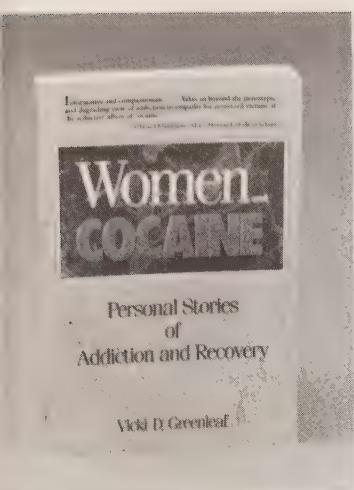
**MAKING UP YOUR MIND**  
**ABOUT DRUGS**

**by Gilda Berger**

*published 1988 by Lodestar Books*  
*ISBN 0-525-67256-7*

Drugs in the schools are a fact of life. Sooner or later, someone is going to offer drugs or alcohol to your children. In order to make a wise choice, they must learn about themselves and about drugs and how to make decisions. This clearly written, concise guide helps them form opinions and gives them the facts about drugs and alcohol. It also suggests some useful alternatives to taking drugs. Illustrated by Ted Enik's humorous drawings, it is a must for families with children entering their teenage years. It is also suitable for school libraries.

PX146 (89 pp.) \$6.50



## WOMEN AND COCAINE

### Personal Stories of Addiction And Recovery

by Vicki D. Greenleaf

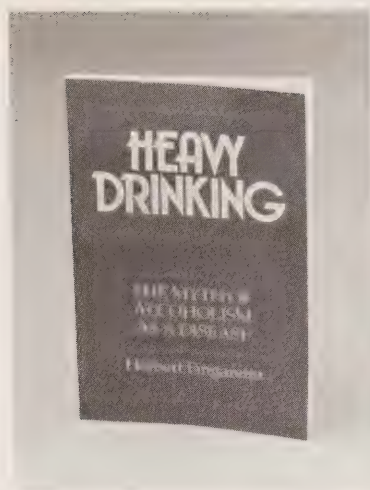
published 1989 by  
Lowell House/Contemporary Books  
ISBN 0-029923-11-1

As our society changes, women are increasingly encountering the same stresses and temptations as men. It has been estimated that one-third of the substance abusers in the United States are women, and that their second most popular illegal drug of choice is cocaine.

By using the personal stories of twelve women, the author shows the devastating effects of cocaine. She illustrates that although each of them has gone through so much—and almost lost everything—it is possible to overcome the addiction and take control of one's life. These are stories of triumph. These are stories of hope.

The author also tells readers what the experts have to say about cocaine and women, poses the difficult questions, and lists where help can be obtained.

PX145 (200 pp.) \$15.50



## HEAVY DRINKING

### The Myth of Alcoholism as a Disease

by Herbert Fingerette

published 1988 by  
University of California Press  
ISBN 0-520-06754-1

In 1960, Professor E.M. Jellinek, author of the seminal book *The Disease Concept of Alcoholism*, pronounced himself unhappy with the scientific data supporting the disease model, data that had been gathered from Alcoholics Anonymous members. Naturally the data supported the A.A. view of alcoholism as a disease. Jellinek himself remarked of these data, "For the time being this may suffice, but not indefinitely."

By the late 1960s, surveys of a wider population of heavy drinkers suggested that they did not fit the classic disease pattern and that they were a varied group whose drinking caused varied problems.

Professor Fingerette critiques the disease model from the perspective of the late 1980s. He discusses the difficult questions such as what causes alcoholism, can alcoholics control their drinking, does treatment really work, and can social policies control alcohol use.

The Washington post says of *Heavy Drinking*, "This is a solid book, and one that is sure to create controversy, and if you want to hate it, agree with it or disagree with it, you ought to read it first."

PX142 (166 pp.) \$12.95

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**TITLES  
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**THE STEEL DRUG:  
COCAINE IN PERSPECTIVE**

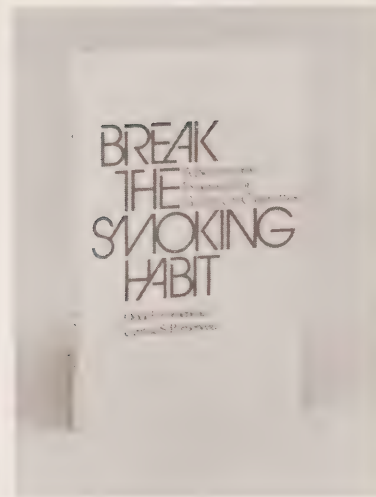
by Patricia G. Erickson,  
Edward M. Adlaf,  
Glenn F. Murray, and  
Reginald G. Smart

*published 1987 by Lexington Books*

*ISBN 0-66914-669-2*

In addition to gathering extensive background material on the international aspects of cocaine, the authors have designed and conducted an in-depth study of a large group of cocaine users in the community. Part one of the book places the current cocaine issue in a social and historical context. A survey of the image of the drug in popular culture is included, as well as a comprehensive review of the world literature. Part two presents the methods and findings of the research study. The attractions of cocaine, positive and negative reactions to the drug, the nature and circumstances of its use, the legal response to cocaine, and the user's concerns with punishment are also covered. The final chapter summarizes the implications of the findings and indicates directions for further research.

PX119 (175 pp.) \$18.50



**BREAK THE SMOKING HABIT**

**A Behavioral Program for  
Giving Up Cigarettes**

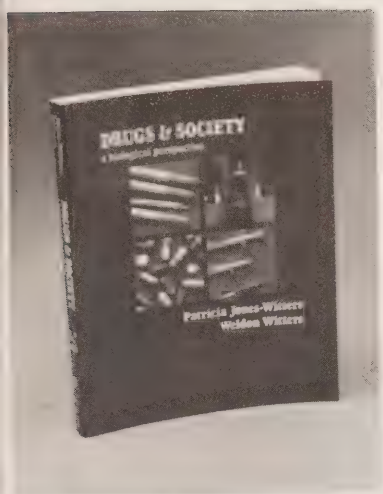
by Ovide F. Pomerleau and  
Cynthia S. Pomerleau

*published 1977 by Behavioral Medicine  
Press*

*ISBN 0-96131-980-1*

Many smoking cessation programs have been designed to help the smoker quit by educating the smoker about the health dangers of the habit, and through a combination of exhortation, encouragement, and emotional support. On the whole, the results have been disappointing. This book offers a different approach. Developed by a behavioral scientist, it is based upon a scientific analysis of smoking behavior. Why does a person smoke? What environmental factors keep a person smoking? What can a smoker change to help him or her quit? The book provides the answers and offers new hope for those who have previously failed to quit.

PX120 (90 pp.) \$14.50



## **DRUGS AND SOCIETY** **A Biological Perspective**

**by Patricia Jones-Witters and  
Weldon Witters**

*published 1986 by Jones and Bartlett  
Publishers*

*ISBN 0-86720-367-6*

This book is directed at university students who, while not majoring in biology and who have a modest scientific background, have questions about prescription and "recreational" drugs. The material is presented from a biological rather than a sociological or psychological point of view. It describes the history, composition, and patterns of use and abuse of drugs, together with their known potential to harm health. Why people take drugs and why they sometimes become addicted to them is discussed. This is an excellent companion text for sociology and psychology courses.

PX117 (432 pp., illustrated) \$32.00



## **THE SILENT PAIN** **(The Manual)**

**by Fred E. Hornsby**

*published 1987 by M.T.S. Publishing Inter-  
national Inc.*

*ISBN 0-92126-200-0*

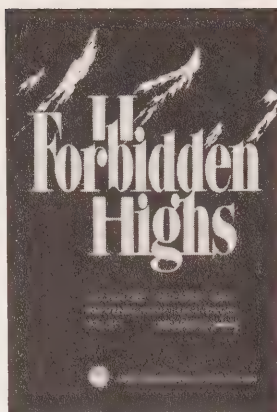
This book offers help to the supervisor who is suffering the "silent pain" of having to work with a substance-abusing employee. Such a supervisor may well find that, in hoping that a solution will emerge to the employee's problem, he or she might actually aggravate it by covering up or "taking up the slack" for the unproductive employee. This manual will help the supervisor/manager avoid procrastination and reach simple, clear, and humane methods of addressing the problem.

PX129 (83 pp.) \$14.95

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**Forbidden Highs: The Nature, Treatment, and Prevention of Illicit Drug Use**

by Reginald G. Smart  
published 1983  
ISBN 0-88868-078-3  
P555 (244 pp.) \$15.00

**Report of an ARF/WHO Scientific Meeting on the Adverse Health and Behavioral Consequences of Cannabis Use**

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ISBN 0-88868-062-7  
P655 (72 pp.) \$5.40 (+ pst)

**New Drinkers (2nd ed.)**

by Reginald G. Smart  
published 1980  
ISBN 0-88868-043-0  
P543 (169 pp.) \$8.95

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ISBN 0-88868-054-6  
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by Frederick B. Glaser, Stephanie W. Greenberg, and Morris Barrett  
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PG002 (58 pp.) \$9.00

**Public Drinking and Public Policy—Proceedings of a Symposium on Observation Studies Held at Banff, Alberta, Canada, April 26-28, 1984**

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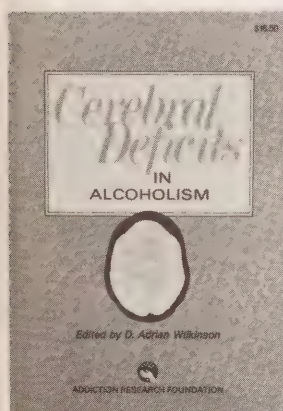
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David Archibald  
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**Cannabis & Health Hazards**

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**Progress on Campus:  
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Hart, Robert Simpson, and  
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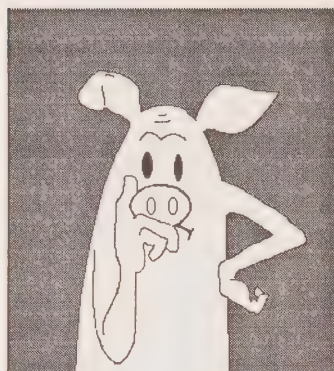
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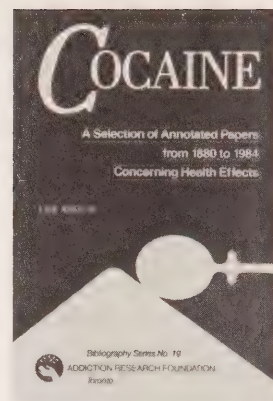
by Susette Khabbaz  
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**Studies of Drinking in Public  
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Bibliography**

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Kevin O. Fehr, D. Arras, and  
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**The Benzodiazepines—  
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Bibliography**

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**Non-Alcoholic Drugs &  
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**Therapeutic Communities for  
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compiled by B. Gail Frankel,  
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Whitehead with the assistance  
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M. Chamberlain  
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Convention on Psychotropic  
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8-12, 1980**

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**The Ethical Pharmaceutical  
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**Prevention of Alcohol-  
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# policies

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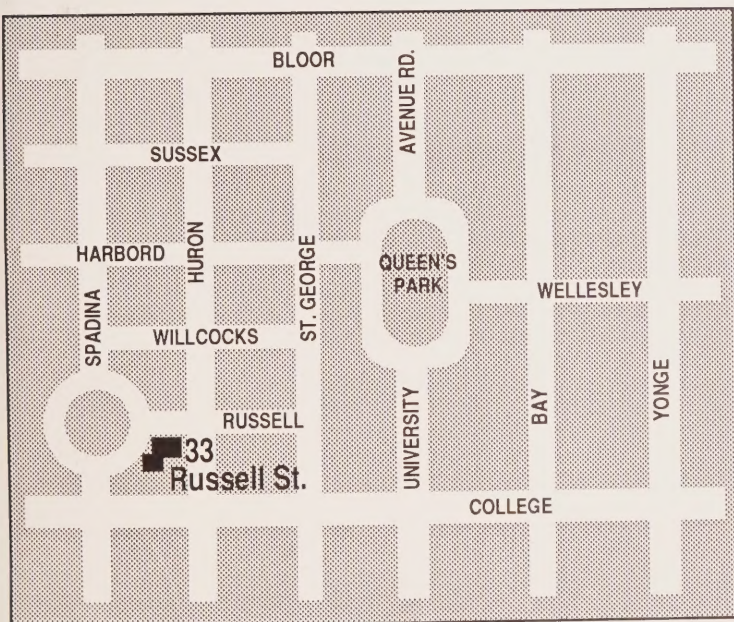
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